

No Pressure

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - May 2016
音樂: What's the Pressure - Laura Tesoro



Start after 16 count intro – 2mins 51secs – 117bpm - Please note this is with a restart

Wanna Dance – Nathan Carter - Start after 32 count intro – 18 secs – 107bpm – 4mins 43secs – No restart

Music Available: Amazon

[1-8] L fwd, R kick ball L & R switches, R together, L fwd, heel twist, L coaster

1, 2&3 Step L forward, kick R forward, step R together, point toes left side
&4& Step L together, point toes right side, step R together
5&6 Step L forward, twist both heels left, twist both heels centre (weight on R)
7&8 Step L back, step R together, step L forward

[9-16] R fwd, ½ L pivot turn, R fwd shuffle, R full turn fwd, L fwd shuffle

1-2 Step R forward, pivot ½ left (6 o'clock)
3&4 Step R forward, step L together, step R forward
5-6 Turning ½ right step L back, turning ½ left step R forward (6 o'clock)
7&8 Step L forward, step R together, step L forward

[17-24] R heel fwd, R together, L toes together, L back, R toes together, R back, L heel fwd, L back, R fwd, ¼ L pivot turn, R cross shuffle

1& Touch R heel forward, step R together
2& Touch L toes together, step L back
3& Touch R toes together, step R back
4& Touch L heel forward, step L back
5-6 Step R forward, pivot ¼ left (3 o'clock)
7&8 Cross step R over L, step L side, cross step R over L

[25-32] ½ R hinge turn, L cross shuffle, R side rock/recover, R together, L side rock/recover

1-2 Turning ¼ right step L back, turning ¼ right step R side (9 o'clock)
3&4 Cross step L over R, step R side, cross step L over R
5-6& Rock R side, recover weight on L, step R together
7-8 Rock L side, recover weight on R

[33-40] L sailor, R sailor, L behind-side-cross, ½ L hinge turn

1&2 Cross step L behind R, step R side, step L side
3&4 Cross step R behind L, step L side, step R side
5&6 Cross step L behind R, step R side, cross step L over R
7-8 Turning ¼ left R back, turning ¼ left step L side (3 o'clock)

[41-48] R heel jack, L cross shuffle, ¼ L & back 2, R cross step, L back

1&2& Cross step R over L, step L back, touch R heel forward, step R back
3&4 Cross step L over R, step R side, cross step L over R
5-8 Turning ¼ left step R back, step L back, cross step R over L, step L back (12 o'clock)

[49-56] R rock back/recover, ½ L shuffle, L rock back/recover, L fwd shuffle

1-2 Rock R back, recover weight on L
3&4 Turning ½ left step R back, step L together, step R back (6 o'clock)
5-6 Rock L back, recover weight on R

7&8 Step L forward, step R together, step L forward

[57-64] R syncopated jazz ball cross, ¼ L, L ball cross, L side, R coaster

1-2& Cross step R over L, step L back, step R side

3-4 Cross step L over R, turning ¼ left step R back (3 o'clock)

&5-6 Step L side, cross step R over L, step L side

7&8 Step R back, step L together, step R forward

When using Tesoro track, Restart on wall 2 after count 36 facing front wall

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