No Dress Code (Country Gold) (P)



拍數: 32 牆數: 0 級數: Improver Partner

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音樂: Country Gold - Thomas Rhett



[START] 16-COUNT INTRO (BEGIN ON LYRICS); SWEETHEART POSITION FACING LOD (Like footwork)

[1-8] DOROTHY STEP (2x), ROCK FWD, RECOVER, ½ TURN SHUFFLE

1,2&,3,4& Step fwd R (1), lock L behind R (2), step fwd R (&), step fwd L (3), lock R behind L (4), step

fwd L (&)

5,6,7&8 Rock fwd R (5), replace weight L (6), ¼ turn R stepping side R (7) (facing OLOD), step L next

to R (&),1/4 turn R stepping fwd R (8) (facing RLOD)

[9-16] STEP FWD, 1/4 PIVOT, CROSSING SHUFFLE, STEP SIDE, CROSS BEHIND, STEP SIDE, TOUCH

1,2,3&4 Step fwd L (1), ½ pivot R placing weight side R (2) (facing ILOD), cross L over R (3), step

side R (&) cross L over R (4)

5,6,7,8 Step side R (5), cross L behind R (6), step side R (7), touch L toe next to R (8)

[HANDS: Release R hands on count 1 as Lead's L hand goes over Follow's head for count 2, reconnecting R hands on count 3 in double hand hold behind Lead's back.]

RESTART: On 3rd repetition, restart dance after 16 counts following modified counts 13-16 below. [MOD 13-16] STEP SIDE, CROSS BEHIND, ¼ TURN FWD, STEP FWD

5,6,7,8 Step side R (5), cross L behind R (6), ¼ turn R stepping fwd R (7) (facing LOD), step fwd L (8)

[HANDS: Release L hands as Lead's R hand goes over Follow's head for count 7, reconnecting L handsin sweetheart position on count 8.]

[17-24] 1/4 TURN FWD, 1/2 TURN BACK, COASTER STEP, CROSS OVER, POINT, CROSS OVER, POINT

1,2,3&4 1/4 turn L stepping fwd L (1) (facing RLOD), 1/2 turn L stepping back R (2) (facing LOD), step back L (3),step R next to L (&), step fwd L (4)

5,6,7,8 Cross R over L (5), point L toe side L (6), cross L over R (7), point R toe side R (8)

[HANDS: On counts 1-2, release R hands as Lead's L hand goes over Follow's head, reconnecting L hands in sweetheart position on count 3.]

[25-32] ROCK FWD, RECOVER, ROCK BACK, RECOVER (ROCKING CHAIR), SWIVEL WALK FWD (4x)

1,2,3,4 Rock fwd R (1), replace weight L (2), rock back R (3), replace weight L (4)

5,6 Step fwd R with R toe pointing diagonally to R slightly bending knees (5), step fwd L

straightening knees (6)

7,8 Step fwd R with R toe pointing diagonally to R slightly bending knees (7), step fwd L

straightening knees (8)

8-COUNT TAG: After 9th repetition, add 8-count tag below and restart dance. [1-8] STEP FWD, ½ PIVOT, STEP FWD, ½ PIVOT, SWIVEL WALK FWD (4x)

1,2,3,4 Step fwd R (1), ½ pivot L placing weight fwd L (2) (facing RLOD), step fwd R (3), ½ pivot L

placing weightfwd L (4) (facing LOD)

5,6 Step fwd R with R toe pointing diagonally to R slightly bending knees (5), step fwd L

straightening knees (6)

7,8 Step fwd R with R toe pointing diagonally to R slightly bending knees (7), step fwd L

straightening knees (8)

[HANDS: Release R hands and raise L hands over both Lead and Follow's heads for counts 1-4, reconnectingR hands in sweetheart position on count 5.]

[REPEAT PATTERN & ENJOY!]

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