

No Sad Songs

拍數: 32 牆數: 4 級數:
編舞者: Lisa Williams (USA) - April 2021
音樂: NO SAD SONGS - Niko Moon



Right side Rock recover right sailor, weight to left foot, right side rock recover right sailor

- 1-2 Step to the right weight on the right foot recover weight to the left foot
3&4 Cross right foot behind left, step left to the left side, step right foot in place
& 5-6 Quickly change weight to the left foot step to the right weight on the right foot recover weight to the left foot
7&8 Cross right foot behind left, step left to left side, step left foot in place

Fast Weight change to left foot, Right front mambo left back mambo, "fancy feet" Left toe touch back Right heel forward, Right foot back with toe touch Left heel forward 1/8 turn, weight change to left foot 1/8 turn scuff Right foot and cross Right foot over left

- & 1&2 Fast hop to Left foot, step right foot forward, recover on Left, step right foot next to left
3&4 step Left foot backwards, recover on the right foot, step left foot next to right
& 5&6&7&8 "all syncopated", weight change to right foot(for &) left toe touch behind (for 5), weight change to left foot Right heel to the front(for &), right foot back "weight on Right" Left heel forward 1/8 turn (for 6), weight on Left, Right toe touch behind (for &) weight on Right, Left heel forward 1/8 turn (for 7) weight on Left, scuff Right (for &) Cross Right over Left (for 8)

Step left foot left, step Right to the left and cross left over Right, step touch step touch step (wind up) 3/4 turn, right foot Rock recover

- 1&2 step left foot to left, step right foot next to left and cross left foot over right
3&4 step right foot to right, tap left foot next to right, (weight on the left foot)
&5-6 tap right foot next to left, step right foot to Right side (for 5) tap left foot next to Right (wind up) (for 6)
7&8& weight to Left foot 1/4 turn Left, step backward turn 1/2 turn Left, step forward 1/2 turn (for 7), slight scuff with the Right foot(for &) Rock forward on Right foot and recover weight on Left

Alternative for the turn

Everything is the same up to count 6

- 7&8& step Left foot to the Left with a 1/4 turn Left, step Right foot next to Left, step Forward with the Left foot, slight scuff with the Right foot(for &), Right foot rock Forward and recover weight on Left

Step Right foot back, Cross Left over Right, Step Right foot to the Right, Step Left foot to the Left, Cross Right over Left, Step Left foot Forward, Point Right Toe Forward and sweep Right leg to the Right 1/4 Turn

- 1- Step Right foot slightly to the Right and Backward
2&3 Cross Left foot over the Right, Step Right foot to the Right, Step Left foot to the Left
4-5 Cross Right foot over the Left, Step Forward with Left foot
6-7-8 Straighten Right leg and point Right toe Forward, Sweep Right leg to the Right turning 1/4, and hold.

Easy Restart on Wall 3 after the first 4& count (you will do 3 side rock sailor weight change to Left foot)