

# No-One

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Daniel Exton (UK) - May 2024  
音樂: No One - Alicia Keys



---

## S1: Side, Together, Box, Side Together, Side, Together, Box Back

1, 2      Right to Right side, Left next to Right  
3&4      Right to Right side, Left next to Right, Right foot forward  
5, 6      Left to Left side, Right next to Left  
7&8      Left to Left side, Right next to Left, Left foot back

## S2: Back, Touch, Forward, Scuff, Syncopated Weave, Cross Rock, Recover ¼ Restart here

1, 2      Right foot back, Left touch in front of Right  
3, 4      Left foot forward, Right foot scuff forward  
5&6&      Right over Left, Left to Left side, Right behind Left, Left to Left side  
7, 8      Cross Rock Right over Left, Recover onto Left with ¼ turn Right

## S3: Walk x2, Shuffle, Rock, Recover, Run Back

1, 2      Walk forward Right, Left  
3&4      Shuffle forward Right-Left-Right  
5, 6      Rock forward on Left foot, Recover onto Right  
7&8      Run back Left-Right-Left

## S4: Back Rock, Recover, Walk x2, Jazzbox ¼

1, 2      Rock back on Right foot, Recover onto Left  
3, 4      Walk forward Right, Left  
5, 6      Cross Right over Left, Left foot back  
7, 8      Right to Right side with ¼ turn Right, Left foot next to Right

**Restarts: 16 Counts into Walls 4 & 8**

---