

No Secrets

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Amanda Rizzello (FR) - July 2024
音樂: No Secrets - The Shires



Intro 8 counts

S1 Dorothy Step X2, Cross rock, Shuffle ¼ turn R

1-2& Step RF Fwd to R Diagonal, Lock LF Behind RF, Step RF Fwd to R Diagonal
3-4& Step LF Fwd to L Diagonal, Lock RF Behind LF, Step LF Fwd to L Diagonal
5-6 Cross RF over L, recover on RF
7&8 Step RF to R side, Close LF next to R, ¼ turn R step RF forward (3:00)

S2 Step ½ turn R, Shuffle ½ Turn R, Shuffle ½ turn R, Step ¼ turn R

1-2 Step LF forward, 1/2 turn to R recover on RF (9:00)
3&4 Make a 1/4 turn R and step LF to L side, Close RF next to LF, Make a 1/4 turn R and step LF back (3:00)
5&6 Make a 1/4 turn R and step LF to L side, Close RF next to LF, Make a 1/4 turn R and step LF back (9:00)

(3&4 5&6) : easy option shuffle forward L R

7-8 Step LF forward, ¼ turn R recover on RF (12:00)

***Restart at wall 6 and 11**

S3 Weave, Vaudeville, Ball cross, ¼ turn R Step back, Shuffle back

1-2 Cross LF Over R, Step RF to R side
3&4& Cross LF behind RF, Step RF to R Side, Put L Heel to L Diagonal, Close LF next to R
5-6 Cross RF over L, ¼ turn R Step LF back (3:00)
7&8 Step RF back, Close LF next R, Step RF back

S4 R Rock LF back, Full turn R, Rock/Recover, Coaster step

1-2 Step LF back, recover on RF
3-4 ½ turn R Step LF back, ½ turn R Step RF forward (3:00)

(3-4): easy option walk L R

5-6 Step LF forward, recover on RF
7&8 Step LF back, Close RF next to L, Step LF forward

***Restart wall 6 and 11 after 16 counts**

modified last two counts of second section to restart the dance

7&8 Step LF forward, ¼ turn R recover on RF, Cross LF over R

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