

# No Stressin Not Today

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Sue Jennings (USA) - February 2025  
音樂: No Stressin (Kay Gee Remix) - Damon Little



Intro 32 counts

SEQUENCE: 32, 32, 32, 32, 32, 32, tag, 32, 32, 32

**[1-8] Forward Diagonal Sway L/R , L Diagonal Shuffle, Step R Diagonal, Touch, Back Touch (Left pattern dance)**

1-2            Step forward Diagonal with L, Sway L/R  
3&4            Shuffle forward Diagonal L/R/L  
5-6            Step R Diagonal, Touch L next to R  
7-8            Step L Diagonal Back, Touch R next to L.

**[9-16] Back Diagonal Sway R/L, L Diagonal Shuffle Back, Step L Diagonal, Touch, Forward Touch**

1-2            Step Back Diagonal with R, Sway R/L  
3&4            Shuffle Back Diagonal R/L/R  
5-6            Step L Back Diagonal, Touch R next to L  
7-8            Step L Diagonal Forward, Touch R next to L.

**[17-24] Point L to L, Touch L to R, Point L to L, Tap L, Step L. /Point R to R, Touch R to L, Point R to R, Tap R, Step R**

1-2            Point L to L, Touch Left to R  
3&4            Point L to L, Tap L center, Step Left to R taking weight on the L  
5-6            Point R to R, Touch R to L  
7&8            Point R to R, Tap R center, Step R to Left taking weight on the R

**[25-32] Shuffle Forward Left, Step R Pivot 1/2, 1/4 Turn Shuffle R, Rock back L Recover**

1&2            Shuffle forward L/R/L  
3-4            Step R Pivot 1/2 turn to L.  
5&6            Making 1/4 R Shuffle R/L/R  
7-8            Rock back L, Recover R

**Tag- Wall 7 - 16 count tag x 4 making a full rotation.**

**[1-16] Step L to L X 2, Step R to R x 2 , Walk Back, Walk Forward, 1/4 Turn L**

1-2            Step L to L  
3-4            Step L to L, Touch R to L  
5-6            Step R to R  
7-8            Step R to R, Touch L to R  
9-10           Step back L, Step Back R  
11-12           Step back L, Touch R to L  
13-14           Step Forward R/L  
15-16           Step R making 1/4 turn, keeping weight on the R

**This Dance is Dedicated to Tina Hauer.**

**Last Update: 18 Mar 2025**