

No No's

拍數: 32 牆數: 4 級數: Beginner
編舞者: Stefan Ingemanson (SWE) & Lisen Persson (SWE)
音樂: I'm Not In the Mood (To Say No)! - Shania Twain



STEP, CLAP X3, KICK, SCISSOR STEP, STEP

1 Step right forward
2&3 Hold position and clap hands three times
4 Kick left forward
5-7 Step left to left side, step right beside left, cross left over right
8 Step right beside left

KICK BALL CHANGE, COASTER STEP, ROCK, ROCK

1&2 Kick left forward, step left beside right, step right beside left
3&4 Step left back, step right beside left, step left forward
5-6 Rock right to right side, recover weight to left
7-8 Rock right foot back, recover weight to left

TURN ¼ LEFT, TURN ½ LEFT, KICK, KICK, HOOK, KICK

1-2 Step right forward, turn ¼ left, weight on left
3-4 Step right forward, turn ½ left, weight on left
5-6 Kick right forward twice
7-8 Hook right in front of left shin, kick right forward

WALK BACK X3, KICK, STEP, STEP, CLAP X3

1-3 Walk back right, left, right
4-5 Kick left forward, step left to left side
6 Step right to right side
7&8 Clap hands three times as you changes weight to left

REPEAT
