

Say No!

拍數: 32 牆數: 4 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: I'm Not In the Mood (To Say No)! - Shania Twain



SIDE AND CROSS, SIDE AND CROSS, ROCK FORWARD AND BACK AND, STEP, HOOK ½ TURN

- 1&2 Step right to right side, step left slightly forward, cross right over left and slightly forward
- 3&4 Step left to left side, step right slightly forward, cross left over right and slightly forward
- 5&6& Rock step forward on right and back on left, rock step back on right and forward on left
- 7-8 Step forward on right, hook left over right as you turn ½ turn to your left (weight is on right)

SHUFFLE FORWARD, CROSS ROCK FORWARD AND SIDE AND CROSS SHUFFLE, TOUCH FLICK ¼ TURN

- 1&2 Shuffle forward left, right, left
- 3&4& Cross rock right foot forward and back on left, cross side rock right to right side and shift weight back on left
- 5&6 Cross shuffle to left - right, left, right
- 7-8 Touch left to left side, flick left foot behind as you turn ½ turn to right (weight is on right)

STEP FORWARD, HEEL TOUCH FORWARD, STEP, TOUCH, STEP, HEEL, STEP, BRUSH CROSS STEP, COASTER STEP

- 1-2 Step forward on left, tap right heel forward
- &3&4 Step on right, touch left next to instep of right, step back on left, tap right heel forward
- &5-6 Step on right, brush left foot forward, cross step left over right
- 7&8 Coaster step - step back n right, back on left, forward on right

SIDE SHUFFLE, CROSS ROCK, STEP, TOUCH ¼ TURN, UNWIND ¼ TURN, STEP, PIVOT ½ TURN

- 1&2 Side shuffle left - left, right, left
- 3&4 Cross rock foot forward and set foot to right side shoulder width apart (weight is on right)
- 5-6 As you turn ¼ turn to your left, touch toe back, unwind ¼ turn to your left (weight is on left)
- 7-8 Step forward on right, pivot ½ turn to your left (weight is on left)

REPEAT
