

No Stress

拍數: 32 牆數: 4 級數: Improver
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音樂: No Stress - Anggun C Sasmi



Intro: 32 Count (Start Dancing on Vocal)

BOTAFOGO X2 (R,L), FORWARD TOUCH, BACK TOUCH, ½ TURN RIGHT – SIDE TOUCH

1 & 2 Cross R over L, Step ball of L opened to side, Step R in place
3 & 4 Cross L over R, Step ball of R opened to side, step L in place
5 – 6 Touch R forward – sweep and touch R backward
7 – 8 Make an half turn Right Recover weight onto R – Touch L to side

BOTAFOGO X2 (L,R), TURN ¼ RIGHT SIDE ROCK, CROSS SHUFFLE

1 & 2 Cross L over R, Step ball of R opened to side, Step L in place
3 & 4 Cross R over L, Step ball of L opened to side, Step R in place
5 – 6 Turn ¼ Right Stepping L to left side – Recover onto R
7 & 8 Cross L over R, Step R slightly to side, cross L over R

KICK FORWARD – TOGETHER SWITCHES, KICK FORWARD TWICE, TOGETHER – KICK FWD SWITCHES, FORWARD - TOGETHER

1 & 2& Kick R fwd, Together R beside L, Kick L fwd, Together L beside R
3 – 4 Kick R forward – Repeat
5 & 6& Together R beside L, Kick L fwd, Together L beside R, Kick R fwd
7 – 8 Step R forward – close L together R

SIDE – CROSS BACK TOUCH -- X2 (R,L), PIVOT ½ LEFT, PRISSY WALK

1 – 2 Step R to right side – Cross touch L behind R
3 – 4 Step L to left side – Cross touch R behind L
5 – 6 Step R forward – turn ½ left Recover weight onto L
7 – 8 Cross walk forward on R – L

REPEAT

TAG: End of Wall 2, do these TAG :

SIDE TOUCH – CROSS (R,L), PIVOT ½ LEFT, PRISSY WALK

1 – 2 Touch R to side – Cross R over L
3 – 4 Touch L to side – Cross L over R
5 – 6 Step R forward – Pivot ½ left recover onto L
7 – 8 Cross walk forward on R - L