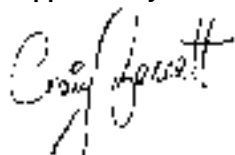




Approved by:



No Man's Land

4 WALL - 32 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Back Rock Side, Coaster Step, Rock 1/2 Turn Right, Step 3/4 Turn Left		
1 & 2	Rock right back. Recover onto left. Step right to right side.	Back Rock Side	On the spot
3 & 4	Step left back. Step right beside left. Step left forward.	Coaster Step	
5 & 6	Rock right forward. Recover onto left. Make 1/2 turn right stepping forward onto right.	Rock & Turn	Turning right
7 &	Step left forward. Make 1/2 turn left stepping back onto right.	Step Turn	Turning left
8	Make 1/4 turn left stepping left to left side.	Turn	
Section 2	Hip Sways 1/4 Turn Left, Forward Shuffle, Step 1/2 Pivot, Rock 1/2 Turn Right		
1 - 3	Sway hips right. Sway hips left. Sway hips right making 1/4 turn left.	Hip Sways Turn	Turning left
4 & 5	Step left forward. Close right beside left. Step left forward.	Left Shuffle	Forward
6 &	Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left
7 & 8	Rock right forward. Recover onto left. Make 1/2 turn right stepping right forward.	Rock & Turn	Turning right
Section 3	1/4 Right, Back Rock, Side, Cross, 1/4 Turn x 2, Back Rock, Side, Coaster Step		
1	Make 1/4 turn right stepping left to left side.	Turn	Turning right
2 & 3	Rock right back. Recover onto left. Step right to right side.	Back Rock Side	On the spot
4 & 5	Cross left over right. Turn 1/4 left stepping right back. Turn 1/4 left stepping left to left side.	Cross Turn Turn	Turning left
6 & 7	Rock back on right. Recover forward onto left. Step right to right side.	Back Rock Side	On the spot
8 & 1	Step left back. Step right beside left. Step left forward.	Coaster Step	
Section 4	Step 1/4 Left, Cross Rock Hitch, Back 1/4 Left, Step, Step 1/2 Pivot Right, Side		
2 & 3	Step right forward. Pivot 1/4 turn left. Cross rock right over left.	Step Turn Rock	Turning left
4	Recover onto left, hitching right knee.	Hitch	On the spot
Restart:	Walls 1 and 6: restart dance again from beginning at this point.		
Note:	On wall 6 hold hitch for 3 counts before continuing.		
5 & 6	Step right back. Turn 1/4 left stepping left forward. Step right forward.	Back Turn Step	Turning left
7 & 8	Step left forward. Pivot 1/2 turn right. Step left to left side.	Step Pivot Side	Turning right

Choreographed by: Craig Bennett (UK) April 2007

Choreographed to: 'No Man's Land' by Beverley Knight (72 bpm) from CD Music City Soul (8 count intro)

Music Suggestion: Any smooth Night Club 2 Step.

Restarts: There are 2 restarts in the dance, both during section 4, in Walls 1 and 6.