

## No Alcohol

32 Count, 4 Wall, Improver, Polka

Choreographer: Forty Arroyo (USA) Sept 2008

Choreographed to: Celtic Rock by David King

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Start dancing on lyrics

### HEEL SWITCHES AND HOLD

- 1&2& Touch right heel forward, step right together, touch left heel forward, step left together  
3-4 Touch right heel forward, hold  
&5&6 Step right together, touch left heel forward, step left together, touch right heel forward  
&7-8 Step right together, touch left heel forward, hold

### ROCK, TRIPLE, ROCK TRIPLE WITH ¼

- &1-4 Step left together, rock right forward, recover on left, triple slightly back stepping right, left, right  
5-8 Rock left back, recover on right, triple forward turning ¼ to left stepping left, right, left  
The ¼ turn travels in a semi circle. Pretend that there is a pole in front of you and you are traveling behind it and left

### ROCK, TRIPLE, ROCK TRIPLE WITH ¼

- &1-4 Rock right forward, recover on left, triple slightly back stepping right, left, right  
5-8 Rock left back, recover on right, triple forward turning ¼ to left stepping left, right, left  
The ¼ turn travels in a semi circle. Pretend that there is a pole in front of you and you are traveling behind it and left

### TOE SWITCHES, HOLD, KICK BALL CHANGE, PIVOT ¼ LEFT

- 1&2 Touch right toe out to side, step left together, touch left toe out to side  
&3-4 Step left together, touch right toe to right, hold  
5&6 Right kick ball change  
7&8 Step forward right, turn ¼ left (weight to left)

**TAG:** After the fourth wall - (before starting the dance at 12:00) repeat the first 8 counts of the dance twice - then start over

### HEEL SWITCHES AND HOLD

- 1&2& Touch right heel forward, step right together, touch left heel forward, step left together  
3-4 Touch right heel forward, hold  
&5&6 Step right together, touch left heel forward, step left together, touch right heel forward  
&7-8 Step right together, touch left heel forward, hold  
1-8 Repeat