

## No Milk Today

32 count, 4 wall, beginner level

Choreographer: Carmela Saliba (Malta) March 2006

Choreographed to: No Milk Today by Herman Hermits  
(128 bpm)

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Start the dance on vocals

**Forward rock, shuffle 1/2 turn right, forward rock, coster step**

- 1-2 rock forward on right , rock back on left  
3&4 shuffle step ½ turn right, stepping right , left, right.  
5-6 rock forward on left, rock back on right  
7&8 step back left, step right beside left, step forward left

**Forward rock, shuffle ½ turn right, forward rock, coaster step**

- 1-2 rock forward on right , rock back on left  
3&4 shuffle step ½ turn right, stepping right , left, right.  
5-6 rock forward on left, rock back on right  
7&8 step back left, step right beside left, step forward left

**Kick ball change right, right chasse , kick ball change left, left chasse.**

- 1&2 kick right forward, step right beside left, step onto left in place  
3&4 step right to right side, close left beside right, step right to right side  
5&6 kick left forward, step left beside right , step onto right place  
7&8 step left to left side, close right beside left, step left to left side.

**Side step, cross behind, chasse right, cross rock, ¼ left turn shuffle forward**

- 1-2 step right to right side, cross left behind right  
3&4 step right to right side , close left beside right, step right to right side  
5-6 cross rock left over right, rock back onto right  
7&8 1/4 turn left forward shuffle left, right, left