

No More

64 count, 4 wall, beginner/intermediate level

Choreographer: Robbie McGowan Hickie
(UK) May 05

Choreographed to: No More by Glenn Rogers 138
bpm, CD, Vincero – 5 Track Single

32 Count intro – on vocals

Side Left. Touch. Side Right. Touch. Left Scissor Step. Hold.

- 1 – 2 Step Left to Left side. Touch Right beside Left whilst swaying hips Left.
- 3 – 4 Step Right to Right side. Touch Left beside Right whilst swaying hips Right.
- 5 – 8 Step Left to Left side. Slide Right beside Left. Cross step Left over Right. Hold.

Side Right. Touch. Side Left. Touch. Right Scissor Step. Hold.

- 1 – 2 Step Right to Right side. Touch Left beside Right whilst swaying hips Right.
- 3 – 4 Step Left to Left side. Touch Right beside Left whilst swaying hips Left.
- 5 – 8 Step Right to Right side. Slide Left beside Right. Cross step Right over Left. Hold.

Half Rumba Box. Step. Pivot Full Turn Left. Hold.

- 1 – 4 Step Left to Left side. Close Right beside Left. Step forward on Left. Hold.
 - 5 – 6 Step forward on Right. Pivot 1/2 turn Left.
 - 7 – 8 Turn 1/2 turn Left stepping back on Right. Hold. (Facing 12 o'clock)
- Easier option: Counts 5 – 8 above ... 5 – 7 Right Forward Mambo. 8 Hold.

Behind. Side. Cross. Hold. Side Rock. Recover Quarter Turn Left. Step Forward. Hold.

- 1 – 4 Sweep Left around and behind Right. Step Right to Right side. Cross step Left over Right. Hold.
- 5 – 6 Rock Right to Right side. Recover weight on Left turning 1/4 turn Left.
- 7 – 8 Long step forward on Right. Hold. (Facing 9 o'clock)

Paddle Turn Half Turn Right x 2. Left Forward Mambo. Hold.

- 1 – 4 Step forward on Left. Pivot 1/2 turn Right. Step forward on Left. Pivot 1/2 turn Right.
 - 5 – 8 Rock forward on Left. Rock back on Right. Step back on Left. Hold. (Facing 9 o'clock)
- Note: Counts 1 – 4 above ... Ball of Right should stay in place as you complete the Full Turn.

7 Count Weave Left. Left Hitch Quarter Turn Right.

- 1 – 2 Sweep Right around and behind Left. Step Left to Left side.
 - 3 – 4 Cross step Right over Left. Step Left to Left side.
 - 5 – 6 Cross Right behind Left. Step Left to Left side.
 - 7 – 8 Cross step Right over Left. Turn 1/4 turn Right on ball of Right hitching Left knee up slightly.
- Note: Counts 1 – 7 above ... These should be very small steps travelling Left.

Left Lock Step Forward. Brush. Forward Rock. Quarter Turn Right. Hold.

- 1 – 4 Step forward on Left. Lock Right behind Left. Step forward on Left. Brush Right slightly forward.
- 5 – 6 Rock forward on Right. Rock back on Left. (Facing 12 o'clock)
- 7 – 8 Turn 1/4 turn Right stepping Right to Right side. Hold. (Facing 3 o'clock)

Cross. Hold. Unwind Full Turn Right (2 Counts). Hip Sways x 4.

- 1 – 2 Cross Left over Right. Hold.
 - 3 – 4 Unwind Full turn Right over 2 Counts. (Weight on Right)
 - 5 – 8 Step Left slightly Left swaying hips Left. Sway Right. Sway Left. Sway Right. (Facing 3 o'clock)
- Easier option: Counts 1 – 4 above ... 1 Cross rock Left over Right. 2 Hold. 3 Rock back on Right. 4 Hold.