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No Pride At All

32 count, 4 wall, beginner/intermediate level
Choreographer: DJ Dan & Wynette Miller (NL)
June 2004

Choreographed to: Ain't Your Memory Got No Pride
At All by Doug Stone, From The Heart (90 bpm)

Intro: 16 counts

1-8 RIGHT CROSS ROCK, CHASSE, LEFT CROSS ROCK, CHASSE

- 1-2 Cross/rock right over left. Recover weight onto left.
3&4 Step right to right side. Step left next to right. Step right to right side.
5-6 Cross/rock left over right. Recover weight onto right.
7&8 Step left to left side. Step right next to left. Step left to left side.

9-16 STEP, PIVOT 1/2 TURN, 1/2 TURN into LOCK STEP BACK, ROCK STEP BACK, LOCK STEP FWD

- 1-2 Step right forward. Pivot 1/2 turn left.
3&4 Make 1/2 turn left step right back. Lock left across right. Step right back.
5-6 Rock left back. Recover weight onto right.
7&8 Step left forward. Lock right behind left. Step left forward.
Easier option 1-4: rock step fwd. lock step back.
1-2 Rock right forward. Recover weight onto left.
3&4 Step right back. Lock left across right. Step right back.

17-24 R. SIDE ROCK, CROSS-SIDE-BEHIND, SWEEP BEHIND-SIDE-CROSS, R. SIDE ROCK

- 1-2 Rock right to right side. Recover weight onto left.
3&4 Cross step right over left. Step left to left side. Cross step right behind left.
5 Sweep left around into cross step left behind right.
&6 Step right to right side. Cross step left over right.
7-8 Rock right to right side. Recover weight onto left.

25-32 CROSS, UNWIND 1/2 TURN LEFT, ROCK STEP BACK, STEP-1/8 PADDLE TURN LEFT X2

- 1-2 Cross step right toe over left. Unwind 1/2 turn left, weight ends on left. [6]
3-4 Rock right back. Recover weight onto left.
5-6 Step right forward. Make 1/8 turn left.
7-8 Step right forward. Make 1/8 turn left. [3]
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