

## No Smoke

64 Count, 4 Wall, Beginner

Choreographer: Sue Hutchison (UK) January 2012

Choreographed to: No Smoke by Michelle Lawson

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Intro – 32 counts from heavy beat (23 secs)

**1 R & L DIAGONAL STEP TOGETHER STEP TOUCH**

1 – 4 facing R diagonal step fwd R, close L beside R, step fwd R, touch L beside R

5 – 8 facing L diagonal step fwd L, close R beside L, step fwd L, touch R beside L

**2 BACKWARDS SWEEPS X 3, BACK ROCK RECOVER**

1 – 4 sweep R leg out, step R behind L, sweep L leg out, step L behind R

5 - 8 sweep R leg out, step R behind L, rock back onto L, recover weight fwd onto R

**3 L & R DIAGONAL STEP TOGETHER STEP TOUCH X2**

1 – 4 facing L diagonal step fwd L, close R beside L, step fwd L, touch R beside L

5 – 8 facing R diagonal step fwd R, close L beside R, step fwd R, touch L beside R

**4 BACKWARDS SWEEPS X 3, BACK ROCK RECOVER**

1 – 4 sweep L leg out, step L behind R, sweep R leg out, step R behind L

5 – 8 sweep L leg out, step L behind R, rock back onto R, recover weight fwd onto L

**5 TOE STRUT JAZZ BOX ¼ TURN R**

1 - 4 cross R toe over L, bring R heel down, making ¼ turn R step L toe back, bring L toe down

5 - 8 step R toe to R side, bring R heel down, step L toe in place, bring L heel down

**6 SIDE TOUCHES X 2, HIP BUMPS X 4**

1 - 4 step R to R side, touch L beside R, step L to L side, touch R beside L

5 - 8 bump hips R, L, R, L

**7 TOE STRUT JAZZ BOX ¼ TURN R**

1 - 8 repeat section 5 as above

**8 SIDE TOE POINTS, MONTEREY ¼ R**

1 - 4 touch R toe to R side, step R in place, touch L toe to L side, step L in place

5 - 6 touch R toe to R side, swivelling on L foot make ¼ turn R & step R in place

7 - 8 touch L toe to L side, step L in place