



Approved by:

Joy Ashton

No Smokin'

4 WALL - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Cross Rock, Right Chasse, Weave Right		
1 - 2	Cross rock right over left. Recover onto left.	Cross Rock	On the spot
3 & 4	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	Right
5 - 6	Cross step left over right. Step right to right side.	Cross Side	
7 - 8	Cross step left behind right. Step right to right side.	Behind Side	
Section 2	Cross Rock, Left Chasse, Weave Left With 1/4 Turn Left		
1 - 2	Cross rock left over right. Recover onto right.	Cross Rock	On the spot
3 & 4	Step left to left side. Close right beside left. Step left to left side.	Side Close Side	Left
5 - 6	Cross step right over left. Step left to left side.	Cross Side	
7 - 8	Cross step right behind left. Make 1/4 turn left stepping left forward.	Behind Turn	Turning left
Section 3	Forward Rock, Triple 3/4 Turn Right, Forward Rock, Left Coaster Step		
1 - 2	Rock right forward. Recover onto left.	Forward Rock	On the spot
3 & 4	Triple step 3/4 turn right, stepping - right, left, right.	Triple 3/4	Turning right
5 - 6	Rock left forward. Recover onto right.	Forward Rock	On the spot
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	
Section 4	Side Rock, Cross Shuffle, Grapevine Left With 1/4 Turn Left, Touch		
1 - 2	Rock right to right side. Recover onto left.	Side Rock	On the spot
3 & 4	Cross step right over left. Step left to left side. Cross step right over left.	Cross Shuffle	Left
5 - 6	Step left to left side. Cross step right behind left.	Side Behind	
7 - 8	Make 1/4 turn left stepping left forward. Touch right toe beside left and clap.	Turn Touch	Turning left

Choreographed by: Joy Ashton (UK) June 2007

Choreographed to: 'No Smoking' by Johnny Wakelin & the Diablos (140 bpm) single download available from iTunes (16 count intro)