

No!

32 count, 1 wall, intermediate level
Choreographer: Sheridan Gill (UK) Aug 2007
Choreographed to: No by Jason Aldean, Relentless
CD (106 bpm)

16 count intro

Section 1 Right & Left Cross Mambo's, Forward Rock, Shuffle 1/2 Turn

- 1 & 2 Cross rock right across left, rock back on left, step right to right side
3 & 4 Cross rock left across right, rock back on right, step left to left side
5 – 6 Rock forward onto right, recover onto left
7 & 8 Shuffle 1/2 turn right, stepping right, left, right.

Section 2 Left & Right Syncopated Rock Steps, Coaster Step, Forward Rock

- 9 – 10 Rock left forward, recover onto right
& 11 – 12 Step left beside right, rock right forward, recover onto left
13 & 14 Step right back, step left beside right, step right forward
15 – 16 Rock forward onto left, recover onto right

Section 3 Sailor 1/4 turn, Forward Shuffle, Full Turn Travelling Forward, Forward Rock

- 17 & 18 Cross left behind right, turn 1/4 left, step right to right side, step left in place.
19 & 20 Step right forward, close left beside right, step right forward
21 – 22 Turn 1/2 right, stepping left back, turn 1/2 right, stepping right forward
23 – 24 Rock forward onto left, recover onto right

Section 4 Coaster Step, Step, Pivot 1/4 Turn, Rocking Chair

- 25 & 26 Step left back, step right beside left, step left forward
27 – 28 Step right forward, pivot 1/4 turn left, (weight on left)
29 – 30 Rock forward onto right, recover onto left
31 – 32 Rock back onto right, recover onto left
-