

**No, No, No**

80 Count, 4 Wall, Intermediate

Choreographer: Forty Arroyo (USA) May 2016

Choreographed to: No by Meghan Trainor

---

**Start: 4 beats after intro; on lyric "My name is No"****Seq: 80, 80, 80, Tag: Hold for 2 counts, dance 48 counts to end.****Section 1 R Sailor Step, L Sailor Step, Cross, Step, Touch, Bounce (3x)**

1&2 Step R behind L, Step L to side, Step R to side  
3&4 Step L behind R, Step R to side, Step L to side  
5-7 Cross R over L, Step back on L, Touch R toes back  
&8& Bounce both heels 3 times – completing a ¼ to right – and shifting weight onto L.

**Section 2 Cross Rock, Recover, Step Side (Repeat), Hip Sways**

1&2 Cross R over L(1), Recover weight on L(&), Step R to side(2)  
&3& Cross L over R(&), Recover weight on R(3), Step L to side(&)  
4& Cross R over L(4), Recover weight on L(&)  
5-8 Sway hips – right, left, right, left

**Section 3 (17-32) Repeat Steps (1 Thru 16)****Section 4 Side, Together, Cross, ½ R, Step Back-Knee Pop, Shuffle, Chase Turn**

1&2 Step R slightly forward – right diagonal, Step L next to R, Cross R in front of L – prep for ½ R  
3,4 Pivot ½ right on R – stepping L next to R, Step back on R – popping L knee.  
5&6 Shuffle forward – L, R, L  
7&8 Step forward on R, Pivot ½ turn to left (weight on L), Step forward on R

**Section 5 Repeat Steps [33-40] With Reverse Footwork (Side, Together, Cross, ½ R, Step Back-Knee Pop, Shuffle, Chase Turn)**

1&2 Step L slightly forward – left diagonal, Step R next to L, Cross L in front of R– prep for ½ L  
3,4 Pivot ½ left on L – stepping R next to L, Step back on L – popping R knee.  
5&6 Shuffle forward – R, L, R  
7&8 Step forward on L, Pivot ½ turn to right (weight on R), Step forward on L (end at 6:00)

**Section 6 Weave Right With ¼ R Turn, Weave Right, Repeat**

1&2 Cross R in front of L, Step back on L making ¼ to right, Step R to side  
3&4 Step L behind R, Step R to side, Step L in front of R  
5&6 Cross R in front of L, Step back on L making ¼ to right, Step R to side  
5-8 Step L behind R, Step R to side, Step L in front of R (end at 12:00)

**Section 7 Step, Swivel Heels W/1/4 L, Side Rock & Cross (3x)**

1, 2&3 Step R to side(1), Swivel heels left(2), Swivel heels right(&), Swivel heel left making a ¼ turn to left(3)  
4&5 Rock L to side – on ball of L, Recover on R, Cross L over R  
&6& Rock R to side – on ball of R, Recover on L, Cross R over L  
7&8 Rock L to side – on ball of L, Recover on R, Cross L over R (end at 9:00)

**Section 8 Kick Ball Change, Kick Ball Touch, Kick Ball Change, Kick Ball Touch**

1&2 Kick R forward, Step R to side, Step L next to R  
3&4 Kick R forward, Step R to side, Touch L next to R  
5&6 Kick L forward, Step L to side, Step R next to L  
7&8 Kick L forward, Step L to side, Step R next to L  
**Styling: when doing step [65-72], angle body to R diagonal when kicking with R and L diagonal when kicking with L. Square off to the main wall when you touch.**

**Section 9 Step Out, Out, Swing Hips R & L, Cross, Step, Side, Stomp**

1,2 Step R slight forward right diagonal, Step L slightly forward left diagonal  
3,4 Swing hips to right, Swings hips to left  
5-8 Cross R over L, Step back on L, Step R slightly to side, Stomp L forward - left diagonal

**End at 9:00**