



Web site: [www.linedancerweb.com](http://www.linedancerweb.com)

E-mail: [admin@linedancerweb.com](mailto:admin@linedancerweb.com)

## My Name Is No

32 Count, 2 Wall, Improver

Choreographer: Annemaree Sleeth (AU) & Adrian Helliker (FR)

Jun 2016

Choreographed to: No by Meghan Trainor.

Album: Thankyou

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**Track:** Length BPM approx 128

**Intro:** 32 Counts Start On Lyrics (My Name Is No) 3 Restarts, 2 Tags

**Section 1 Fwd, Touch, Fwd, Touch, Fwd, Touch, Fwd, Touch**

1 - 2 Step R Diag Fwd, Touch L Tog facing 1.30

3 - 4 Step L Diag Fwd, Touch R Tog facing 10.30,

5 - 6 Step R Diag Fwd, Touch L Tog facing 1.30

7 - 8 Step L Diag Fwd, Touch R Tog facing 10.30

**Styling Option Add Little Shimmies as You Move Forward**

**\*Tag 1 16 Counts End Of Walls 2 4, 6 On Wall 6 Add Extra Tag (All Facing 12.00)**

**End Of Tag 1 Wall 6 Add Tag 2 Hip Fwd Back or Click Fingers Twice**

1 - 8 **Fwd Touch R, L, R, L (Section 1)**

1 - 4 **Step R Side Sway Hips R, L, R, Touch L Beside R,**

5 - 8 **Step L Side Sway Hips L, R, L, Touch R Tog**

**#Tag 2 1 - 2 Push R Hip Fwd ,Push L Hip Back (wgt L) Clicking Fingers Twice Above Head**

**Section 2 Side Shuffle, Flick/Hitch 1/4 L Shuffle Fwd, Mambo , Back Sweep, Back Sweep**

1 & 2 & Step R Side, Step L Tog, Step R Side, Flick L Foot Across R

3 & 4 Turn ¼ L Step L Fwd, Step R Tog, Step L Fwd 9.00

5 & 6 Rock R Fwd, Recover L, Step R Back

7 - 8 Sweep L Behind R Step On L (wgtL) Sweep R Behind L Step On R

**Section 3 Coaster, Step, Lock, Step, Step, Lock, Step, Step, ¼ Pivot, Cross**

1 & 2 Step L Back, Step R Tog, Step L Fwd

3 & 4 Step R Fwd, Lock/cross L Behind R , Step R

5 & 6 Step L Fwd, Lock/Cross R Behind L, Step Fwd,

7 & 8 Step R Fwd, Pivot ¼ L, Cross R over L 6.00

**Styling Options Push Into Step Locks For More Latin Feel**

**Section 4 Side, Recover, Cross, Mambo, Back Syncopated Rocking Chair**

1 & 2 Rock L Side, Recover R , Cross L Slightly Fwd Over R

3 & 4 Rock R Fwd, Recover L ,Step R Back

5 & 6 & Rock L Back, Recover R, Step L Fwd, Recover R

7 & 8 Rock L Back, Recover R, Step L Fwd,

**Ending Facing 6.00 Dance First 16 Counts (Sweeps) Step L ¼ L To Face Front And Pose**

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Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768<sup>charged at 10p per minute</sup>