



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

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

## No No No

32 Count, 2 Wall, Beginner

Choreographer: Gail Smith & Lindy Bowers (USA) Jun 2016

Choreographed to: No by Meghan Trainor

---

**Intro:** 4 Counts after the hard beat, on the word "MY" (My name is NO)

**Section 1 Diagonal Skate Shuffles (R&L), Stomp- Toe Fans (R&L)**

1 & 2 Skate R into a fwd R diagonal shuffle R-L-R  
3 & 4 Skate L into a fwd L diagonal shuffle L-R-L  
5 & 6 Stomp R slightly fwd, fan R toes out (look R), fan R toes in (look fwd)  
7 & 8 Stomp L slightly fwd, fan L toes out (look L), fan L toes in (look fwd)

**Section 2 Hip Sways, Shuffle 1/4 Turn R, Pivot 1/4 R W Cross**

1-2-3-4 Step R to side and swing your hips R-L-R-L (Styling option -Lick your lips)  
5 & 6 Shuffle 1/4 turn R (R-L-R) 3:00  
7 & 8 Step L fwd, pivot 1/4 turn R, step L across R - 6:00

**\*Restart: On Wall 8. Happens facing 12:00**

**Music totally STOPS - HOLD for 2 counts (1&2), then Restart.**

**Styling: Shake head back & forth and wag finger - motioning NO, NO, NO!**

**Section 3 Side Shuffle, Back-Rock-Side, Stomp-Tap-Step (R & L)**

1 & 2 Shuffle to R side ( R-L-R)  
3 & 4 Rock L back, recover onto R, step L to side  
5 & 6 Stomp R slightly fwd, tap heel in place, step R in place  
7 & 8 Stomp L slightly fwd, tap heel in place, step L in place

**Section 4 Syncopated Rocking Chairs, Pivot 1/2, Pivot 1/2**

1 & 2 & Rock R fwd, recover onto L, rock R back, recover onto L  
3 & 4 & Rock R fwd, recover onto L, rock R back, recover onto L  
**Option: Slow rocking chair**  
5 - 6 **Step R fwd, pivot 1/2 turn L - 12:00**  
7 - 8 **Step R fwd, pivot 1/2 turn L - 6:00**  
**Option for two 1/2 pivot turns: Slow rocking chair**

**One possible ending would be 2 slow rocking chairs.**

**Start Again**

---