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No More Lies

32 Count, 4 Wall, Improver (WCS)

Choreographer: Özgür Takaç (TR) Jul 2016

Choreographed to: Run Me Down by Notting Hillbillies

Track: 113 bpm

Intro: 32 counts (00:19)

Section 1 **Walk Forward R-L, Anchor Step, Walk Back L-R, Out, Out, Clap**
1-2-3&4 Walk forward R-L, step R in place, L in place, R in place
5-6&7-8 Walk back L-R, step L out, step R out, hold and clap (weight on R)

Section 2 **Across, Kick, Behind, Side, Across, ¾ Twist Turn**
1-2-3&4 Step L across, kick R diagonal forward right, step R behind, L side,
R across (weight on heel of R and ball of L)
5-6-7-8 Make a ¾ turn L (03:00) on both feet (ends in 1st position)

Section 3 **Heel Jack, Step, Hold, ¼ Turn L With Knee Pops, Point Behind**
&1&2-3-4 Step slightly back on R, tap L heel forward, bring L together,
touch R together, step R forward
5-6-7-8 ¼ turn L (12:00) with knee pops 3x, point L behind R

Section 4 **Step Side, Drag Together, Kick Ball Cross, ¼ Turn, Step Side, Drag Together**
1-2-3&4 Step L side, drag R together, kick R diagonal forward right,
step R together (on ball), step L across
5-6-7-8 ¼ turn L (09:00) and step R back, step L side, drag R together

Repeat

Tag: **After walls 3 (03:00) and 8 (12:00)**
Step Side, Point Diagonal Forward, Recover, Point Diagonal Forward
1-2-3-4 **Step R side, point L diagonal forward left, recover on L,**
point R diagonal forward right