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No More

32 Count, 2 Wall, Intermediate
Choreographer: Sissel Madsen (UK) Apr 2017
Choreographed to: No More Sad Songs by Little Mix,
ft. Machine Gun Kelly

Track: 3:45mins

Intro: 16 counts – Weight: LF

Section 1 Cross Samba X 2, Kick Ball Change, Triple Step

1&2: Cross RF over L, step L to L side, step R to R side.

3&4: Cross LF over R, step R to R side, step L to L side.

5&6: Kick RF, step RF next to L, recover weight on LF.

7&8: Step on the spot R, L, R.

Section 2 Walk L, R, Coaster ½ Turn, Mambo Fwd, Mambo Backw.

1, 2: Walk LF fwd, walk RF fwd.

3&4: Step behind on LF turning ½ (facing 6 o'clock), step RF next to L, step LF fwd.

5&6: Rock RF fwd, recover on L, step back on RF.

7&8: Rock back on LF, recover on R, step LF fwd.

Section 3 Side Rock, Behind Side Cross, Side Rock, Behind Side Fwd.

1,2: Step RF to R side, recover on L.

3&4: Step RF behind L, step LF to L, cross RF over L.

5,6: Step LF to L side, Recover on R.

7&8: Step LF behind R, step RF to R side, step fwd on LF.

Section 4 Tap, Twist, Coaster, Step Turn Step, Step Turn:

1&2: Tap R toes fwd, Lift R&L heels and twist heels to R side and back.

3&4: Step back on RF, step LF next to R, step fwd on R.

5&6: Step fwd. on LF, turn half (facing 12 o'clock), step fwd on LF.

7, 8: Step fwd on RF, turn half (facing 6 o'clock).

Tag: Facing 6 o'clock: After finishing wall 3, do the Samba x2 and then Restart.