



## No Strings Attached

32 Count, 2 Wall, Intermediate

Choreographer: Simon Ward, Maddison Glover (AU) &  
Niels Poulsen (DK) Jan 2019

Choreographed to: More Than Friends by James Hype, ft. Kelli-Leigh

123 bpm. Track length: 2:20mins

**Intro: 32 counts from main beat (app. 31 secs. into track). Start with weight on L foot**

**1 EASY restart: On wall 4, after 16 counts, facing 12:00. See description at bottom of page**

**1 – 9 Walk RLR, L step lock step, step R fwd, ½ L, L coaster cross**

- 1 – 3 Walk R fwd (1), walk L fwd (2), walk R fwd (3) Styling during the chorus when they sing What's it gonna BE: throw R arm fwd and up snapping fingers on count 1 12:00  
4&5 Step L fwd (4), lock R behind L (&), step L fwd (5) 12:00  
6 – 7 Step R fwd (6), turn ½ L keeping the weight back on R foot (7) 6:00  
8&1 Step back on L (8), step R next to L (&), cross L over R (1) 6:00

**10–17 Point R, flick R, weave, Hold, ball cross, L scissor step with 1/8 R**

- 2 – 3 Point R to R side (2), flick R up and backwards (3) 6:00  
4&5 Cross R over L (4), step L to L side (&), cross R behind L (5) 6:00  
6&7 Hold (6), step L to L side (&), cross R over L (7) 6:00  
8&1 Step L to L side (8), step R behind L (&), cross L over R turning 1/8 R (1) 7:30

**18–25 ¼ L back, ½ L fwd, R step lock step, Hold, ball step ¼ R, Hold, ball step sweep 1/8 R**

- 2 – 3 Turn ¼ L stepping back on R (2), turn ½ L on R stepping L fwd (3) 10:30  
4&5 Step R fwd (4), lock L behind R (&), step R fwd (5) 10:30  
6&7 Hold (6), step L behind R (&), turn ¼ R stepping R fwd (7) 1:30  
8&1 Hold (8), step L behind R (&), turn 1/8 R stepping R fwd sweeping L fwd at the same time (1) 3:00

**26–32 Cross side, L sailor step, cross side, ¼ R into R coaster step**

- 2 – 3 Cross L over R (2), step R to R side (3) 3:00  
4&5 Cross L behind R (4), step R to R side (&), step L to L side keeping body open to L diag. (5) 3:00  
6 – 7 Cross R over L (6), step L to L side (7) Styling on wall 6: shake shoulders to hit the strong beats in the music 3:00  
8& Turn ¼ on L stepping back on R (8), step L next to R (&) (start dance again stepping R fwd on count 1) 6:00

**Start Again!**

**Ending: Wall 8 is your last wall (starts at 6:00). You finish when doing the coaster cross on counts 8&1 during section 1. You're now facing 12:00 again .. 12:00**

**Restart: On wall 4 you restart the dance after 16 counts. However, you change count 16 to a HOLD and then add a small step back on L on an &-count to restart the dance facing 12:00**