

# No, No, No

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**Count:** 80

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Forty Arroyo - May 2016

**Music:** No by Meghan Trainor

**\*4 beats after intro; Starts on lyric "My name is No"**

**Seq: 80, 80, 80, Tag: Do what you feel for 2 cts, dance 48 counts to end.**

**[1-8] R SAILOR STEP, L SAILOR STEP, CROSS, STEP, TOUCH, BOUNCE (3X)**

- 1&2** Step R behind L, Step L to side, Step R to side
- 3&4** Step L behind R, Step R to side, Step L to side
- 5-7** Cross R over L, Step back on L, Touch R toes back
- &8&** Bounce both heels 3 times - completing a  $\frac{1}{4}$  to right - and shifting weight onto L.

**[9-16] CROSS ROCK, RECOVER, STEP SIDE (REPEAT), HIP SWAYS**

- 1&2** Cross R over L(1), Recover weight on L(&), Step R to side(2)
- &3&** Cross L over R(&), Recover weight on R(3), Step L to side(&)
- 4&** Cross R over L(4), Recover weight on L(&)
- 5-8** Sway hips - right, left, right, left

**[17-32] REPEAT STEPS [1 THRU 16]**

**[33-40] SIDE, TOGETHER, CROSS,  $\frac{1}{2}$  R, STEP BACK-KNEE POP, SHUFFLE, CHASE TURN**

- 1&2** Step R slightly forward - right diagonal, Step L next to R, Cross R in front of L - prep for  $\frac{1}{2}$  R
- 3,4** Pivot  $\frac{1}{2}$  right on R - stepping L next to R, Step back on R - popping L knee.
- 5&6** Shuffle forward - L, R, L
- 7&8** Step forward on R, Pivot  $\frac{1}{2}$  turn to left (weight on L), Step forward on R

**[41-48] REPEAT STEPS [33-40] WITH REVERSE FOOTWORK,**

**(SIDE, TOGETHER, CROSS,  $\frac{1}{2}$  R, STEP BACK-KNEE POP, SHUFFLE, CHASE TURN)**

- 1&2** Step L slightly forward - left diagonal, Step R next to L, Cross L in front of R- prep for  $\frac{1}{2}$  L
- 3,4** Pivot  $\frac{1}{2}$  left on L - stepping R next to L, Step back on L - popping R knee.
- 5&6** Shuffle forward - R, L, R

**7&8** Step forward on L, Pivot ½ turn to right (weight on R), Step forward on L (end at 6:00)

**[49-56] WEAVE WITH ¼ TURN, WEAVE RIGHT, REPEAT**

**1&2** Cross R in front of L, Step back on L making ¼ to right, Step R to side

**3&4** Step L behind R, Step R to side, Step L in front of R

**5&6** Cross R in front of L, Step back on L making ¼ to right, Step R to side

**5-8** Step L behind R, Step R to side, Step L in front of R (end at 12:00)

**[57-64] STEP, SWIVEL HEELS w/1/4 L - RLR , SIDE ROCK & CROSS (3X)**

**1, 2&3** Step R to side(1), Swivel heels right(2), Swivel heels left(&), Swivel heel right making a ¼ turn to left - weight on R(3)

**4&5** Rock L to side - on ball of L, Recover on R, Cross L over R

**&6&** Rock R to side - on ball of R, Recover on L, Cross R over L

**7&8** Rock L to side - on ball of L, Recover on R, Cross L over R (end at 9:00)

**[65-72] KICK BALL CHANGE, KICK BALL TOUCH, KICK BALL CHANGE, KICK BALL TOUCH**

**1&2** Kick R forward, Step R to side, Step L next to R

**3&4** Kick R forward, Step R to side, Touch L next to R

**5&6** Kick L forward, Step L to side, Step R next to L

**7&8** Kick L forward, Step L to side, Step R next to L

**(styling: when doing step [65-72], angle body to R diagonal when kicking with R and L diagonal when kicking with L. Square off to the main wall when you touch.)**

**[73-80]STEP OUT, OUT, SWING HIPS R & L, CROSS, STEP, SIDE, STOMP**

**1,2** Step R slight forward right diagonal, Step L slightly forward left diagonal

**3,4** Swing hips to right, Swings hips to left

**5-8** Cross R over L, Step back on L, Step R slightly to side, Stomp L forward - left diagonal

**End at 9:00**

**Last Update - 24th July 2016**