

# SAY NO MORE

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**Count:** 32      **Wall:** 4      **Level:** beginner/intermediate cha cha

**Choreographer:** Kathy Brown & Phyllis Cannon Whipple

**Music:** If You Ever Feel Like Loving Me Again by Clay Walker

## LEFT BASIC CHA, ROCK RECOVER $\frac{1}{4}$ TURN, SIDE ROCK CROSS

- 1-2-3      Step left to side, rock right behind left, recover left (12:00)
- 4&5      Step right forward, step left together with right, step right forward (12:00)
- 6-7      Rock left forward, turning  $\frac{1}{8}$  left recover on right (10:00)
- 8&1      Turning  $\frac{1}{8}$  left, rock left to side, recover right, cross left over right (9:00)

## LEFT $\frac{1}{4}$ TURN, LEFT $\frac{1}{4}$ TURN, LEFT $\frac{1}{2}$ TURN CROSS, LEFT MAMBO CROSS, RIGHT MAMBO

- 2-3      Turning  $\frac{1}{4}$  left step back on right (6:00), turning  $\frac{1}{4}$  left step forward on left (3:00)
- 4&5      Step right next to left (shoulder width apart) (2nd position), turning  $\frac{1}{2}$  left, step left to side, cross right over left (9:00)
- 6&7      Rock left to side, recover right, cross left over right
- 8&1      Rock right to side, recover left, step right next to left

## $\frac{1}{2}$ RIGHT PIVOT, LEFT FORWARD TRIPLE, SWAY RIGHT, SWAY LEFT, SIDE TOGETHER $\frac{1}{4}$ TURN RIGHT

- 2-3      Step forward left, pivot  $\frac{1}{2}$  turn right (3:00)
- 4&5      Step left forward, step right next to left, step left forward
- 6-7      Step right to side and sway hip to right, sway hip to left
- 8&1      Step right to side, step left next to right, step right  $\frac{1}{4}$  turn right (6:00)

## $\frac{1}{2}$ RIGHT PIVOT, LEFT FORWARD TRIPLE, SWEEP RIGHT TO FRONT AND ACROSS LEFT, UNWIND

- 2-3      Step left forward, pivot  $\frac{1}{2}$  right
- 4&5      Step left forward, step right next to left, step left forward
- 6-7      Sweep right forward and across the left
- 8&      Unwind  $\frac{3}{4}$  turn left (weight on right)

## REPEAT

