

NO TRIPPIN'

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Count: 32

Wall: 4

Level: Intermediate/Advanced level

Choreographer: Bill Bader

Music: Yo Trippin' by Anastacia

Country song: No News by Lonestar. Intro: 16 counts. 116 bpm

FAN RIGHT TOE, RETURN TOUCH FWD, LOUIE-LOUIE, TOUCH BACK, 1/4 TURN, STOMP TOGETHER, SWIVET RIGHT

- 1-2 Fan R toe out, Return
- 3 Touch R toe forward
- &4 Fan both heels in, Return ("Louie-Louie")
- 5 Touch R toe back
- 6 Turn 1/4 right keeping weight on L
- 7 Stomp down R heel beside L
- &8 Fan R toe to right while fanning L heel to left, Return ("Swivet Right")

(Tip: In a "Swivet", both toes remain parallel.)

TWO TOE STRUTS BACK, HEEL JACK, STEP, TOUCH, HEEL JACK, STEP, TOUCH

- 1-2 Touch R toe back, Lower R heel taking weight
- 3-4 Touch L toe back, Lower L heel taking weight
- &5 Step R back, Touch L heel forward angled slightly left
- &6 Step L in place (returning it to prior location), Touch R toe beside L
- &7&8 Repeat &5&6

FORWARD 1/2 PIVOT, SHUFFLE FORWARD, FORWARD, HIP PUSH HITCH/TURN 1/4, TOUCH, HITCH/TURN 1/4, TOUCH

- 1-2 Step R forward, Pivot Turn 1/2 left onto L
- 3&4 Shuffle forward on R-L-R
- 5 Place L foot forward without full weight

- 6 Push hips forward shifting full weight onto L
- &7 Hitch R knee turning 1/4 left, Touch R toe to right side (Paddle Turn with a preliminary Hitch)
- &8 Hitch R knee turning 1/4 left, Touch R toe to right side (Paddle Turn with a preliminary Hitch)

FORWARD, HOLD, 3 ROGER RABBITS, STEP BESIDE, "HALF AN APPLE" (Left Applejack)

- 1-2 Step R forward, Hold
- &3 Hitch L knee and scoot/slide back on R, Step L back
- &4 Hitch R knee and scoot/slide back on L, Step R back
- &5 Hitch L knee and scoot/slide back on R, Step L back
- 6 Step R beside L (but slightly apart to accommodate the next moves)

This next move is an APPLEJACK, but just HALF the normal pattern and done HALF as fast:

- 7-8 Fan L toe out while fanning the R heel in, Return

(Unlike the earlier Swivet where the toes remain parallel, here in an Applejack, the toes move

in opposite directions.) Styling Count 7: Bend knees and raise both hands in front of chest

(mid-chest level) with thumbs up and fingers cupped.

End of pattern. Begin again...