

NO MAN'S LAND

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Craig Bennett

Music: No Man's Land by Beverly Knight

BACK ROCK RECOVER, COASTER STEP, ROCK $\frac{1}{2}$ TURN, STEP $\frac{3}{4}$ PIVOT TURN

- 1&2** Rock back on right, recover onto left, step right to right side
- 3&4** Step back on left, step right beside left, step forward onto left
- 5&6** Rock forward on right, recover back onto left making $\frac{1}{2}$ turn right and step forward onto right
- 7&** Step forward onto left, make $\frac{1}{2}$ turn left stepping back onto right
- 8** Make $\frac{1}{4}$ turn left stepping left to left side

HIP SWAYS, LEFT SHUFFLE FORWARD, STEP $\frac{1}{2}$ PIVOT, ROCK $\frac{1}{2}$ TURN RIGHT

- 1-2-3** Sway hips to right, sway hips to left, sway hips to right making $\frac{1}{4}$ turn left
- 4&5** Step forward onto left, close right in place, step forward onto left
- 6&** Step forward onto right, pivot $\frac{1}{2}$ turn left
- 7&8** Rock forward on right, recover back onto left, make $\frac{1}{2}$ turn right stepping forward onto right

$\frac{1}{4}$ TURN SIDE STEP, BACK ROCK SIDE, CROSS $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN, BACK ROCK SIDE, COASTER

- 1** Make $\frac{1}{4}$ turn right stepping left to left side
- 2&3** Rock back on right, recover onto left, step right to right side
- 4&5** Cross left over right, make $\frac{1}{4}$ turn left stepping back onto right, $\frac{1}{4}$ turn left stepping left to left side
- 6&7** Rock back onto right, recover onto left, step right to right side
- 8&1** Step back onto left, step right in place, step forward onto left

STEP $\frac{1}{4}$ TURN CROSS ROCK, RECOVER SWEEP HITCH, SAILOR $\frac{1}{4}$ TURN RIGHT, STEP $\frac{1}{2}$ TURN SIDE

- 2&3** Step forward onto right, $\frac{1}{4}$ turn left stepping left to left side, cross rock right over left
- 4** Recover weight back onto left while hitching right knee

During wall 1 and wall 7 restart dance at this point

5&6 Step back onto right, make $\frac{1}{4}$ turn left stepping forward onto left, step forward onto right

7&8 Step forward onto left, pivot $\frac{1}{2}$ turn right, step left to left side

REPEAT

RESTART

Restart on wall 1 after count 28

Restart on wall 7 after count 28, but this time hold the hitch for 2 extra counts before starting over