

# NO TRIPPIN

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**Count:** 32

**Wall:** 4

**Level:** advanced hip hop

**Choreographer:** Bill Bader

**Music:** No News by Lonestar

## FAN RIGHT TOE, RETURN, TOUCH FORWARD, LOUIE-LOUIE, TOUCH BACK, ¼ TURN STOMP TOGETHER, QUICK SWIVET

- 1-2 Fan right toe out, return
- 3 Touch right toe forward
- &4 Fan both heels in, return
- 5 Touch right toe back
- 6 Turn ¼ right keeping weight on left
- 7 Stomp down right heel beside left
- &8 Fan right toe to right while fanning left heel to left, return

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

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

## FORWARD ½ PIVOT, SHUFFLE FORWARD, FORWARD, SHIFT/SLIDE, HITCH ¼ TURN, TOUCH, HITCH ¼ TURN, TOUCH

- 1-2 Step right forward, pivot turn ½ left onto left
- 3&4 Shuffle forward on right-left-right
- 5 Place left foot forward without full weight
- 6 Shifting full weight forward onto left dragging right toe
- &7 Hitch right knee turning ¼ left, touch right toe to right side
- &8 Hitch right knee turning ¼ left, touch right toe to right side

## FORWARD, HOLD, 3 ROGER RABBITS, STEP BESIDE, "HALF AN APPLE" (LEFT APPLEJACK)

- 1-2 Step right forward, hold
- &3 Hitch left knee and scoot/slide back on right, step left back
- &4 Hitch right knee and scoot/slide back on left, step right back
- &5 Hitch left knee and scoot/slide back on right, step left back
- 6 Step right beside left (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 Left applejack: fan left toe out while fanning the right heel in, return (3:00)

**Bend the knees and raise both hands in front of chest (mid-chest level) with thumbs up and fingers cupped**

**REPEAT**