

No to the No

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Mitzi Day (Tennessee, USA) May 2016

Music: "No" by: Meghan Trainor

Dance starts after meghan sings sweet and finishes with a strong " No to the no to the no"

Note: every time the lyrics say, "no to the no to the no no no" the last section of 8 is danced.

(1-8) Rock recover, Big step left, Cross rock turn 1/4 right, step on right. Very fast count.

- 1-2 Left rock back recover on right.
- 3-4 Big step to left. Step down on left.
- 5-6 Right cross over left. Recover on left.
- 7-8 Turn 1/4 right. Step down on right. (3:00)

(9-16) Press forward L ,recover R,Hitch L hold. Step back on L, R across L,step L to left side rock

- 1-2 Step L forward and lean forward over left foot keeping chest tall.In other words keeping

frame. Recover weight on R.

- 3-4 Hitch left knee up.Hold.
- 5-6 Step slightly back on L, cross R over and put weight on R.
- 7-8 Step left to left side and rock on left, recover weight on R.(3:00)

(17-24) L kick step L down ,R side rock recover, full turn over left using 2 presses.(3:00)

- 1-2 Kick L foot forward, replace L on floor.
- 3-4 Step R to R side, then recover weight on L.
- 5-6 Look to your left and pick R knee slightly up and then push R on floor to help turn 1/2 to L
Full weight stays on left
- 7-8 Keep looking to left and continue turning 1/2 left with one more R push (3:00) Full weight is still on L

(25-32) Step R big diagonal R, Touch L, Step big diagonal L, Touch R. Touch R out in big step R to R.

- 1-2** Big step R diagonal to R. Touch L to R instep keeping weight on R.
- 3-4** Big step L diagonal to L. Touch R to L instep keeping weight on L.
- 5-6** Keeping weight on L touch R toe to R side then touch R toe to L instep
- 7-8** Take big step to R and drag L

One easy Tag: when music is at 3:00 minutes after Meghan sings the section about untouchable and says "untouchable" a hundred times after the 32 ct dance you will be facing 9:00 and there will be dead air for 1 second.

Just freeze and breathe and start dance when music starts.