

No More Sad Songs

LINEDANCE.COM

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

Choreographer: Hayley Wheatley (UK) April 2017

Music: "No More Sad Songs" By Little Mix Feat. Machine Gun Kelly

Music Available from iTunes and Spotify

Count In: 16 Counts - Tag: 4 Counts the end of wall 3

S1: SIDE ROCK AND CROSS, SIDE ROCK AND CROSS, STEP FORWARD, SAILOR HALF TURN, STEP

- 1&2** Rock RF to R side, Recover onto LF, Cross RF over LF 12:00
- 3&4** Rock LF to L side, Recover onto RF, Cross LF over RF 12:00
- 5, 6&7** Step fwd onto RF, Step LF behind RF making $\frac{1}{4}$ turn L, Step RF to R side making $\frac{1}{4}$ turn L, Step LF to L side 6:00
- 8** Step fwd onto RF 6:00

S2: FWD MAMBO, BACK MAMBO, KICK BALL, TOUCH FWD, AND TOUCH FWD, AND TOUCH BESIDE

- 1&2** Rock fwd onto LF, Recover onto RF, Step back onto LF 6:00
- 3&4** Rock back onto RF, Recover onto LF , Step fwd onto RF 6:00
- 5&6** Kick LF fwd, Step LF beside RF, Touch R toe fwd 6:00
- &7&8** Step RF beside LF, Touch L toe fwd, Step LF beside RF, Touch R toe beside LF 6:00

S3: SIDE ROCK, RECOVER, SAILOR STEP, SAILOR $\frac{1}{4}$ TURN, SHUFFLE FWD

- 1-2** Rock RF to R side, Recover onto LF 6:00
- 3&4** Step RF behind LF, Step LF to L side, Step RF to R side 6:00
- 5&6** Step LF behind RF making $\frac{1}{4}$ turn L, Step RF to R side, Step LF to L side 3:00
- 7&8** Step fwd on RF, Step LF beside RF, Step fwd on RF 3:00

S4: SAMBA HALF TURN, KICK OUT OUT, SWAY HIPS L, R, BUMP HIPS L, R, L

- 1&2** Cross LF over RF, Step back on RF making $\frac{1}{4}$ turn L, Step LF to L side making $\frac{1}{4}$ turn L 9:00
- 3&4** Kick RF fwd, Step out on RF, Step out on LF 9:00
- 5-6** Sway hips to the L, Sway hips to the R 9:00

7&8 Bump hips L, Bump hips R, Bump hips L making sure weight finishes on LF 9:00

Start Again!

TAG: STEP BACK R, L (performed at the end of wall 3 facing 3:00)

1-2 Step Back on RF, Hold 3:00

3-4 Step back on LF, Hold 3:00

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=117486