

No Need To Rush (□□□□□)

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Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Neville Fitzgerald & Julie Harris (Nov 08)

Music: One Step At A Time by Jordin Sparx

□□□ **Starts on**

Vocal (16 Counts)

□□□

Side, Behind & Step,

Mambo Step, 1/2, 1/2, 1/4 Chasse.

□ , □ & □ , □□ , 1/2, 1/2, □ 1/4□□

1-2&3

Step Left to Left side, cross step Right behind Left,

step Left to Left side, step forward on Right.

□□□□ , □□□□□□□□ , □□□□ , □□□□

4&5

Rock forward on Left, recover on Right, step back on

Left.

□□□□□ , □□□□ , □□□□

6-7

Make 1/2 turn to Right stepping forward on Right, 1/2

turn to Right stepping back on Left. □□ 180□□□□□ , □□ 180□□□□□

8&1

Make 1/4 turn to Right stepping Right to Right side,

step Left next to Right, step Right to Right side.

□□ 90□□□□ , □□□□ , □□□□

□□□

Rock & Side, Cross,

Side, Sailor 1/4 , Step

□□ & □ , □□ , □ , □ 1/4□□ , □

2&3

Cross rock Left over Right, recover on Right, step Left

to Left side.□□□□□□□□ , □□□□ , □□□□

4-5

Cross step Right over Left, step Left to Left side.

□□□□□□□□ , □□□□

6&7

Cross step Right behind Left, make 1/4 turn to Right

stepping Left next to Right, step forward on Right.

□□□□□□□□ , □□ 90□□□□ , □□□□

8

Step forward on Left. *R □□□□**

***R**,RESTART 2: Wall 5.. Dance up to & including Count 7,**

Section 2 (15).. Then make a quick 1/2 turn to Right sweeping Left to touch

next to Right.. Then Restart from beginning.

□□□□□□□□ 7□□ , □ 8□□□□ 180□□□□□□ , □□□□

□□

1/2 Pivot, Left Lock Step,

Kick Cross Back, Side, Cross, 1/4 Lock Step Back □ 1/2, □□ , □□□□ , □ , □□ , 1/4□

1

Pivot 1/2 turn to Right. □□ 180□

2&3

Step forward on Left, lock Right behind Left, step

forward on Left.□□□□ , □□□□□□□□ , □□□□

4&5

Kick Right forward Diagonal Right, cross step Right

over Left, step back on Left. □□□□□□ , □□□□□□□□ , □□□□

6-7

Step to Right side on Right, cross step Left over

Right.

□□□□ , □□□□□□□□

8&1

Make 1/4 turn to Left stepping back on Right, lock Left

over Right, step back on Right. □□ 90□□□□□□ , □□□□□□□□ , □□□□

□□

1/2, Touch, Rock & 1/2

, Coaster Step, 1/4 Behind & Cross

1/2, □ , □□ & 1/2, □□□□ , 1/4□ & □□

2-3

Make 1/2 turn to Left stepping forward on Left, touch

Right toe forward. □□ 180□□□□ , □□□□

4&5

Rock back on Right, recover on Left, make 1/2 turn to

Left stepping back on Right. □□□□ , □□□□ , □□ 180□□□□

6&7

Step back on Left, step Right next to Left, step

forward on Left.

□□□□ , □□□□ , □□□□

8&1

Make 1/4 turn to Right on ball of Left as you cross

step Right behind Left, step Left to Left side, cross step Right over Left.

□□ 90□□□□□□□□ , □□□□ , □□□□□□□□

□□□

& Cross & Cross, Rock & Cross,

1/4 , 1/4 , Rock & Side

&

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mso-font-kerning:0pt">□□

mso-font-kerning:0pt">, 1/4, 1/4, □□ &

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&2&3

Step Left to Left side, cross step Right over Left,

step Left to Left side, cross step Right over Left.

□□□□ , □□□□□□□□ , □□□□ , □□□□□□□□

4&5

Rock to Left side on Left, recover on Right, cross step

Left over Right. □□□□□ , □□□□ , □□□□□□□□

6-7

Make 1/4 turn to Right stepping forward on Right, 1/4

turn to Right stepping Left to Left side.

□□ 90□□□□□ , □□ 90□□□□□

8&1

Cross rock Right behind Left, recover on Left, step

Right to Right side. □□□□□□□□□□ , □□□□ , □□□□

□□□

Rock & Side, Rock & 1/4 , Step, 1/2

Pivot, 1/4 Sweep.

□□

mso-font-ker...> & □ , □□ & 1/4,

mso-font-ker...>□ , □

mso-font-ker...>1/2, □ 1/4

2&3

Cross rock Left behind Right, recover on Right, step

Left to Left side. □□□□□□□□ , □□□□ , □□□□

4&5

Cross rock Right behind Left, recover on Left, make 1/4

turn to Right stepping forward on Right.

□□□□□□□□ , □□□□ , □□ 90□□□□

6-7

Step forward on Left, pivot 1/2 turn to Right.

□□□□ , □□□ 180□

8

1/4 turn to Right sweeping Left to touch next to Right.

R

□□ 90□□□□□□

***R*,RESTART 1: Wall 2.. Dance up to & including Count 8,**

Section 6 (48).. Then Restart from beginning

□□□□□□ 6□ 8□ , □□□□

□□□

Chasse Left, Back Rock, Step, Lock &

Step, Sailor 1/2 Turn

□□□ , □□□ , □ , □ &

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mso-font-kerning:0pt">1/2

1&2

Step Left to Left side, step Right next to Left, step

Left to Left side. , ,

3-4

Rock back on Right, recover on Left.

,

5-6

Step Right forward diagonal Right, lock Left behind

Right.

,

&7

Step Right forward diagonal Right, step Left forward

diagonal Left. ,

8&1

Cross step Right behind Left making 1/4 turn to Right,

1/4 turn to Right stepping Left next to Right, step forward on Right.

90 , 90 ,

Walk, Walk, Step, 1/2 Pivot, Left Shuffle,

Step

mso-font-kerning:0pt">, □ , □ , □ 1/2,

mso-font-kerning:0pt">□□□□ , □

2-3

Walk forward Left-Right. □□□ -□ , □

4-5

Step forward on Left, pivot 1/2 turn to Right.

□□□□ , □□□ **180**□

6&7

Step forward on Left, step Right next to Left, step

forward on Left.□□□□ , □□□□ , □□□□

8

Step forward on Right.

□□□□