

# No Woman No Cry

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Muki Matohir Royal (SAI) d'uld Jatim - July 2015

**Music:** No Woman No Cry - Boney M. 2000

## **Intro : 32 Count Start On : No Woman No Cry**

### **#1. Prizzy Walk -R Chase - Prizzy Walk - L Chase**

**1-2. Step R forward cross, step L forward**

**3&4. Step R to side, step L beside R, step R to side**

**5-6. Step L forward cross, step R forward**

**7&8. Step L to side, step R beside L, step L to side**

### **#2. Jazz Box Turn $\frac{1}{4}$ Right - Rocking Chair**

**1-2. Cross R over L, Turn  $\frac{1}{4}$  R Step L Back**

**3-4. Step R to side, Step L forward ( 03.00 )**

**5-6. Step R forward, Recover on L**

**7-8. step R backward, Recover on L**

### **#3. Side - Beside - R Chase - Turn $\frac{1}{2}$ Right - Side - Beside - L Chase**

**1-2. Step R to side, Step L beside R**

**3&4. Step R to side, Step L beside R, Step R to side**

**5-6. Turn  $\frac{1}{2}$  R Step L to side, Step R beside L ( 09.00 )**

**7&8. Step L to side, Step R beside L, Step L to side**

### **#4. Touch Heel - Touch - R Chase - Touch Heel - Touch - L Chase**

**1-2. Touch Heel R forward, Touch R beside L**

**3&4. Step R to side, Step L beside R, Step R to side**

**5-6. Touch Heel L forward, Touch L beside R**

**7&8. Step L to side, Step R beside L, Step L to side**

**NO TAG NO RESTART**

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