

WRITTEN BY; DIANA BISHOP

SONG & ARTIST; NO SMOKE by MICHELLE LAWSON

4 WALL BEGINNER LINE DANCE 12-3-2014 bishops@bigpond.com

BEATS STEPS

1.2.3&4.5&6&7&8

<u>HEEL AT L 45deg, ROTATE TO R, COASTER STEP, ROCKING CHAIR</u>
WITH & COUNTS

TAP R HEEL FWD AT A 45deg L, ROTATE HEEL TO THE R, STEP R BACK, BRING L NEXT TO R, STEP R FWD FWD L, BACK R, BACK L, FWD R, FWD L, BACK R, TAP L NEXT TO R

1.2.3&4.5.6.7&8

STEP SLIDE, SIDE SHUFFLE, FWD, BACK, 1/2 SHUFFLE TURN R
STEP L TO L, SLIDE R UP TO L, SIDE SHUFFLE TO L ON L,R,L
ROCK FWD ON, BACK ON L, 1/2 TURNING SHUFFLE TO R ON R,L,R

1.2.3&4.5&6.7&8

KICK, KICK ¼ turn, COASTER STEP, HIP BUMPS, HIP BUMPS,
KICK L FWD, KICK L TO A ¼ TURN L, STEP L BACK, BRING R NEXT TO L
STEP L FWD (or L,R,L on the spot)
STEP R FWD HIP BUMPS R,L,R (hands up behind head)
STEP L FWD HIP BUMPS L,R,L (hands down behind backside)

1.2.3.4.5.6.7.8.

ROTATE HIPS R TO L X 2, STEP SLIDE, STEP SLIDE,

STEP R TO R AS YOU ROTATE HIPS FROM R TO L, ROTATE HIPS R TO L

STEP R TO R SLIDE L UP TO R, STEP R TO R SIDE SLIDE L UP TO R

32 BEATS (FINISH AT BACK ON COASTER STEP)

STRAT DANCE AGAIN