



NO PANIC

Chorégraphe : Niels POULSEN
Description : Country Line Dance - 48 comptes – 2 murs
Niveau : Intermédiaire
Musique : Everything's Gonna Be Alright / David Lee MURPHY feat. Kenny CHESNEY

Intro : 8 comptes

1-8 BASIC R AND L, SIDE R, BEHIND SWEEP, BEHIND SIDE CROSS TURNING 1/8 L

1-2&	Step R to R side (1), step L behind R (2), cross R over L (&)	12:00
3-4&	Step L to L side (3), step R behind L (4), cross L over R (&)	12:00
5-6	Step R to R side (5), cross L behind R sweeping out to R side (6)	12:00
7&8	Cross R behind L (7), step L to L side (&), cross R over L turning 1/8 L (8)	10:30

9-16 L MAMBO STEP, R BACK LOCK STEP, L FULL TURN SWEEP, BEHIND SIDE CROSS

1&2	Rock L fwd (1), recover back on R (&), step L back (2)	10:30
3&4	Step back on R (3), lock L over R (&), step back on R (4)	10:30
5-6	Turn ½ L on R stepping L fwd (5), turn ½ L on L stepping R back and sweeping L to side (6)	10:30
7&8	Cross L behind R (7), step R to R side (&), cross L over R (8)	10:30

17-24 R SIDE ROCK CROSS WITH 1/8 L, L SIDE ROCK CROSS, R SIDE ROCK ¼ L, L MAMBO ¼ L

1&2	Square up to 9:00 rocking R to R side (1), recover on L (&), cross R over L (2)	09:00
3&4	Rock L to L side (3), recover on R (&), cross L over R (4)	09:00
5&6	Rock R to R side (5), turn ¼ L when recovering onto L (&), step R fwd (6)	06:00
7&8	Rock L fwd (7), recover back on R (&), turn ¼ L stepping L to L side (8)	03:00

25-32 CROSS ROCK, SIDE ROCK, BACK ROCK, R SCISSOR STEP, ¼ R BACK, R BACK LOCK STEP

1&2&	Cross rock R over L (1), recover onto L (&), rock R to R side (2), recover onto L (&)	03:00
3&	Rock back on R (3), recover onto L again (&)	03:00
4&5	Step R to R side (4), step L behind R (&), cross R over L (5)	03:00
6-7&8	Turn ¼ R stepping L back (6), step back on R (7), lock L over R (&), step back on R (8)	06:00

33-40 L BACK ROCK, L LOCK STEP WITH ½ R, R BACK ROCK, R SYNCOPATED JAZZ BOX

1-2	Rock back on L (1), recover onto R again (2)	06:00
3&4	Turn ¼ R stepping L to L side (3), cross R over L (&), turn ¼ R stepping back on L (4)	12:00
5-6	Rock back on R (5), recover onto L (6)	

Styling option for count 5: During verse 1 and 3 you can choose to look over your R shoulder to hit the lyrics ('look back over her shoulder') 12:00

7-8&	Cross R over L (7), step back on L (8), step R a small step to R side (&)	12:00
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NO PANIC (suite)

41-48 CROSS POINT X 2, TOGETHER, MONTEREY ½ R INTO L SCISSOR STEP

1-2	Cross L over R (1), point R to R side (2)	12:00
3-4	Cross R over L (3), point L to L side (4)	12:00
&5-6	Step L next to R (&), point R to R side (5), turn ½ R on L stepping R next to L (6)	06:00
7&8	Step L to L side (7), step R behind L (&), cross L over R (8)	06:00

Reprendre en vous amusant ! ! ! ! Soyez « Funny »