

No More Sad Songs

32 Count – 2 wall –beginner/intermediate

16 count intro, start on word 'way'

Choreographed by Fiona Haywood (UK) (August 2005)

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Choreographed to "No More Sad Songs" by Clay Aiken from the Measure of a Man album – 158bpm (danced at 79bpm)

Section 1

Side, rock step, side, rock step, syncopated rumba box

1-2& Step right long step to right side, rock left behind right, recover on right

3-4& Step left long step to left side, rock right behind left, recover on left

5&6 Step right to right side, close left next to right, step right forward

7&8 Step left to left side, close right next to left, step left back

Section 2

Rock, recover, R forward shuffle, rock, recover, 1/4 L sailor

1-2 Rock back onto right, recover weight forward onto left

3&4 Step right forward, close left next to right, step right forward

5-6 Rock forward onto left, recover weight back onto right

7&8 Cross left behind right making 1/4 turn left, step right to right side, step left in place

Section 3

Side rock, recover, behind and across, side rock, recover, L sailor

1-2 Rock right to right side, recover weight onto left

3&4 Step right behind left, step left to left side, step right across left

5-6 Rock left to left side, recover weight onto right

7&8 Step left behind right, step right to right side, step left to left side

Section 4

Tap, sweep, sailor, tap, sweep, 1/4 L sailor

1-2 Tap right toe forward, sweep right out to right side

3&4 Step right behind left, step left to left side, step right to right side

5-6 Tap left toe forward, sweep left out to left side

7&8 Cross left behind right making 1/4 turn left, step right to right side, step left in place

END OF DANCE – ENJOY!

NO TAGS OR RESTARTS!

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