

# NO MANS LAND

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**Count:** 32      **Wall:** 4      **Level:** Intermediate level

**Choreographer:** Craig Bennett (UK) Apr 07

**Music:** No Mans Land by Beverly Knight (Album: Music, city, soul)

## Section 1 Back Rock Recover, Coaster Step, Rock $\frac{1}{2}$ turn, Step $\frac{3}{4}$ Pivot Turn

- 1&2**      Rock back on right, recover onto left, step right to right side
- 3&4**      Step back on left, step right beside left, step forward onto left
- 5&6**      Rock forward on right, recover back onto left making  $\frac{1}{2}$  turn right and step forward onto right
- 7&**      Step forward onto left, make  $\frac{1}{2}$  turn left stepping back onto right,
- 8**      Make  $\frac{1}{4}$  turn left stepping left to left side

## Section 2 Hip Sways, Left shuffle Forward, Step $\frac{1}{2}$ Pivot, Rock $\frac{1}{2}$ Turn Right

- 1,2,3**      Sway hips to right, Sway hips to left, sway hips to right making  $\frac{1}{4}$  turn left
- 4&5**      Step forward onto left, close right in place, step forward onto left
- 6&**      Step forward onto right, pivot  $\frac{1}{2}$  turn left
- 7&8**      Rock forward on right, recover back onto left, make  $\frac{1}{2}$  turn right stepping forward onto right

## Section 3 $\frac{3}{4}$ Turn Side Step, Back Rock Side, Cross $\frac{1}{4}$ Turn, $\frac{1}{4}$ Turn, Back Rock Side, Coaster

- 1**      Make  $\frac{1}{4}$  turn right stepping left to left side,
- 2&3**      Rock back on right, recover onto left, step right to right side,
- 4&5**      Cross left over right, make  $\frac{1}{4}$  turn left stepping back onto right,  $\frac{1}{4}$  turn left stepping left to left side
- 6&7**      Rock back onto right, recover onto left, step right to right side
- 8&1**      Step back onto left, step right in place, step forward onto left

## Section 4 Step $\frac{1}{4}$ Turn Cross Rock, Recover Sweep Hitch, Sailor $\frac{1}{4}$ Turn Right, Step $\frac{1}{2}$ turn side

- 2&3**      Step forward onto right,  $\frac{1}{4}$  turn left stepping left to left side, cross rock right over left

**4 Recover weight back onto left while hitching right knee \*\* RESTARTS: DURING wall 1 and wall 7 restart dance at this point.**

**5&6** Step back onto right, make  $\frac{1}{4}$  turn left stepping forward onto left, step forward onto right

**7&8 Step forward onto left, pivot  $\frac{1}{2}$  turn right, step left to left side START AGAIN AND ENJOY!**

**\*\* RESTARTS: Wall 1 after count 4 in section 4 Wall 7 after count 4 in section 4 but this time HOLD the hitch for 2 EXTRA counts, start over**