

NO NEED TO RUN

Choreographed by: Michael Vera-Lobos (Syd) Sept 07

Music: **Wonderful Life - Radio Dance Mix by Tina Cousins (CD: Single)**

Descriptions: 64 count - 2 wall line dance - Intermediate level

DANCE STARTS: 72 Count Introduction

- 1 - 8** **ROCK FWD, ROCK BACK, ¼ STEP R, HOLD, BALL STEP FWD FULL- HOOK SHUFFLE FWD**
1,2,3,4 Rock fwd on R, Rock back on L, Turn ¼ right stepping R fwd, Hold (3:00)
&5,6 Stepping L beside R, Step fwd on R, Turning a full turn R Step onto L Hooking R across L (3:00)
7&8 Shuffle fwd R Stepping R,L,R (3:00)
- 9 - 16** **ROCK FWD, REPLACE, ½ L, HOLD & ROCK FWD, REPLACE, 1 ¼ TRIPLE L ON THE SPOT**
1,2,3,4 Rock fwd L, Rock back on R, Turn ½ left stepping L fwd, Hold (9:00)
&5,6,7&8 Step R beside L, Rock fwd on L, Rock back on R, Turning back 1 ¼ L Triple spin L,R,L (on the spot) (6:00)
- 17 - 24** **CROSS CHA CHA, ¼ R, COASTER BACK, ¼ R, SAILOR ¼ R**
1&2,3 Cross Cha Cha R over L Stepping R,L,R (don't travel too far) , Turning ¼ R Step on L (9:00)
4&5,6 Step back on R, Step L beside R, Step fwd on R, Turning ¼ R stepping large step on L to left (12:00)
7&8 Cross R behind L & Stepping L beside R Turn ¼ R, Step fwd on R (3:00)
- 25 - 32** **STEP FWD, ¼ TWIST R, ¼ TWIST L, STEP FWD, ½ PIVOT L, ½ SHUFFLE L, ½ STEP L**
1,2,3,4 Step fwd L, Twist Heels ¼ L (6:00) Twist Heels ¼ R (3:00), Step fwd R (3:00)
5,6&7,8 Pivot ½ L (End wt L 9:00), Turning ½ L Shuffle Stepping R,L,R, Turn a further ½ L Stepping onto L (9:00)
- 33 - 40** **ROCK FWD, ROCK BACK, DIAGONAL LOCK SHUFFLE BACK, ¼ L SIDE SHUFFLE ¼ L, ¼ L, ½ L**
1,2,3&4 Rock fwd R, Rock back on L, Traveling back Diagonal R Lock Shuffle back R stepping R,L,R
5&6 Turning ¼ L Side Shuffle L Stepping L & Step R beside L (6:00) & Turn ¼ L on L (3:00)
7,8 Turning fwd Turn ¼ L Stepping onto R , Turn a further ½ L stepping onto L (6:00)
- 41 - 48** **CROSS ROCK, REPLACE, SIDE SHUFFLE ¼ R, STEP FWD, ¾ PIVOT R, SIDE SHUFFLE L**
1,2,3&4 Cross Rock R over L, Rock back on L, Side Shuffle R Stepping R to R & Step L beside R, Turn ¼ R on R (9:00)
5,6,7&8 Step fwd L, Pivot ¾ R (End wt on R facing 6:00), Side Shuffle to L Stepping L,R,L (6:00)
- 49 - 56** **STOMP SIDE, TWIST HEELS R, TOES R, TWIST HEELS R KICKING L , BALL CROSS, STEP SIDE, R SAILOR**
1,2,3,4 Stomp R to R with R toe facing out, Twist Heels R, Twist Toes R, Twisting Heels R Kick L to L
&5,6 Stepping L to L Cross R over L, Step L to L side (6:00)
7&8 Travel back - Cross R behind L & Rock L to L, Replace wt on R (6:00)
- 57 - 64** **SAILOR BACK L, ROCK BACK, ROCK FWD, TOUCH TOE FWD, ½ DROP L, ½ SHUFFLE L**
1&2,3,4 Travel back - Cross L behind R & rock R to R, Replace wt on L, Rock back on R, Rock fwd on L
5,6,7&8 Touch R toe fwd, Turning ½ L Drop wt down on R heel (12:00), Turning ½ L Shuffle L,R,L (6:00)

TAG: End of wall 2 Add the following 8 Counts

1,2,3,4,5,6,7&8 Rock fwd R, Rock back L, Turn ½ R on R, Hold, Step fwd L, Pivot ½ R, Shuffle fwd L

End of Wall 5 Add the following 4 counts

1,2,3,4 Step fwd R, ½ Pivot L, Step fwd R, ½ Pivot L