

No Pressure

64 Count, 4 Wall, Intermediate

Choreographer: Alison and Peter (UK) May 2016

Choreographed to: What's The Pressure by Laura Tesoro

Start after 16 count intro – 2mins 51secs – 117bpm - Please note this is with a restart

Alternative Music: Wanna Dance by Nathan Carter

Start after 32 count intro – 18 secs – 107bpm – 4mins 43secs – No restart

Section 1 L Fwd, R Kick Ball L & R Switches, R Together, L Fwd, Heel Twist, L Coaster

1, 2&3 Step L forward, kick R forward, step R together, point toes left side
&4& Step L together, point toes right side, step R together
5&6 Step L forward, twist both heels left, twist both heels centre (weight on R)
7&8 Step L back, step R together, step L forward

Section 2 R Fwd, ½ L Pivot Turn, R Fwd Shuffle, R Full Turn Fwd, L Fwd Shuffle

1-2 Step R forward, pivot ½ left (6 o'clock)
3&4 Step R forward, step L together, step R forward
5-6 Turning ½ right step L back, turning ½ left step R forward (6 o'clock)
7&8 Step L forward, step R together, step L forward

Section 3 R Heel Fwd, R Together, L Toes Together, L Back, R Toes Together, R Back, L Heel Fwd, L Back, R Fwd, ¼ L Pivot Turn, R Cross Shuffle

1& Touch R heel forward, step R together
2& Touch L toes together, step L back
3& Touch R toes together, step R back
4& Touch L heel forward, step L back
5-6 Step R forward, pivot ¼ left (3 o'clock)
7&8 Cross step R over L, step L side, cross step R over L

Section 4 ½ R Hinge Turn, L Cross Shuffle, R Side Rock/Recover, R Together, L Side Rock/Recover

1-2 Turning ¼ right step L back, turning ¼ right step R side (9 o'clock)
3&4 Cross step L over R, step R side, cross step L over R
5-6& Rock R side, recover weight on L, step R together
7-8 Rock L side, recover weight on R

Section 5 L Sailor, R Sailor, L Behind-Side-Cross, ½ L Hinge Turn

1&2 Cross step L behind R, step R side, step L side
3&4 Cross step R behind L, step L side, step R side
5&6 Cross step L behind R, step R side, cross step L over R
7-8 Turning ¼ left R back, turning ¼ left step L side (3 o'clock)

Section 6 R Heel Jack, L Cross Shuffle, ¼ L & Back 2, R Cross Step, L Back

1&2& Cross step R over L, step L back, touch R heel forward, step R back
3&4 Cross step L over R, step R side, cross step L over R
5-8 Turning ¼ left step R back, step L back, cross step R over L, step L back (12 o'clock)

Section 7 R Rock Back/Recover, ½ L Shuffle, L Rock Back/Recover, L Fwd Shuffle

1-2 Rock R back, recover weight on L
3&4 Turning ½ left step R back, step L together, step R back (6 o'clock)
5-6 Rock L back, recover weight on R
7&8 Step L forward, step R together, step L forward

Section 8 R Syncopated Jazz Ball Cross, ¼ L, L Ball Cross, L Side, R Coaster

1-2& Cross step R over L, step L back, step R side
3-4 Cross step L over R, turning ¼ left step R back (3 o'clock)
&5-6 Step L side, cross step R over L, step L side
7&8 Step R back, step L together, step R forward

When using Tesoro track, restart on wall 2 after count 36 facing front wall