

No Need To Rush

64 Count, 2 Wall, Intermediate Choreographer: Neville Fitzgerald & Julie Harris (UK) Nov 08

Choreographed to: One Step At A Time by Jordin Sparx

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### Starts on Vocal (16 Counts)

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- 1-2&3 Step Left to Left side, cross step Right behind Left, step Left to Left side, step forward on Right.
- 4&5 Rock forward on Left, recover on Right, step back on Left.
- 6-7 Make 1/2 turn to Right stepping forward on Right, 1/2 turn to Right stepping back on Left.
- 8&1 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, step Right to Right side.

## 2. Rock & Side, Cross, Side, Sailor 1/4, Step.

- 2&3 Cross rock Left over Right, recover on Right, step Left to Left side.
- 4-5 Cross step Right over Left, step Left to Left side.
- 6&7 Cross step Right behind Left, make 1/4 turn to Right stepping Left next to Right, step forward on Right.

#### Restart here on Wall 5

8 Step forward on Left.

## 3. 1/2 Pivot, Left Lock Step, Kick Cross Back, Side, Cross, 1/4 Lock Step Back.

- Pivot 1/2 turn to Right.
- 2&3 Step forward on Left, lock Right behind Left, step forward on Left.
- 4&5 Kick Right forward Diagonal Right, cross step Right over Left, step back on Left.
- 6-7 Step to Right side on Right, cross step Left over Right.
- 8&1 Make 1/4 turn to Left stepping back on Right, lock Left over Right, step back on Right.

### 4. 1/2. Touch, Rock & 1/2. Coaster Step. 1/4 Behind & Cross.

- 2-3 Make 1/2 turn to Left stepping forward on Left, touch Right toe forward.
- 4&5 Rock back on Right, recover on Left, make 1/2 turn to Left stepping back on Right.
- 6&7 Step back on Left, step Right next to Left, step forward on Left.
- 8&1 Make 1/4 turn to Right on ball of Left as you cross step Right behind Left, step Left to Left side, cross step Right over Left.

# 5. & Cross & Cross, Rock & Cross, 1/4, 1/4, Rock & Side.

- &2&3 Step Left to Left side, cross step Right over Left, step Left to Left side, cross step Right over Left.
- 4&5 Rock to Left side on Left, recover on Right, cross step Left over Right.
- 6-7 Make 1/4 turn to Right stepping forward on Right, 1/4 turn to Right stepping Left to Left side.
- 8&1 Cross rock Right behind Left, recover on Left, step Right to Right side.

# 6. Rock & Side, Rock & 1/4, Step, 1/2 Pivot, 1/4 Sweep.

- 2&3 Cross rock Left behind Right, recover on Right, step Left to Left side.
- 4&5 Cross rock Right behind Left, recover on Left, make 1/4 turn to Right stepping forward on Right.
- 6-7 Step forward on Left, pivot 1/2 turn to Right.
- 8 1/4 turn to Right sweeping Left to touch next to Right.

# Restart here on Wall 2

# 7. Chasse Left, Back Rock, Step, Lock & Step, Sailor 1/2 Turn.

- 1&2 Step Left to Left side, step Right next to Left, step Left to Left side.
- 3-4 Rock back on Right, recover on Left.
- 5-6 Step Right forward diagonal Right, lock Left behind Right.
- &7 Step Right forward diagonal Right, step Left forward diagonal Left.
- 8&1 Cross step Right behind Left making 1/4 turn to Right,
  - 1/4 turn to Right stepping Left next to Right, step forward on Right.

## 8. Walk, Walk, Step, 1/2 Pivot, Left Shuffle, Step

- 2-3 Walk forward Left-Right.
- 4-5 Step forward on Left, pivot 1/2 turn to Right.
- 6&7 Step forward on Left, step Right next to Left, step forward on Left.
- 8 Step forward on Right.

**RESTART 1:** Wall 2. Dance up to & including Count 8, Section 6 (48). Then Restart from beginning. RESTART 2: Wall 5. Dance up to & including Count 7, Section 2 (15). Then make a quick 1/2 turn to Right sweeping Left to touch next to Right. Then Restart from beginning.