

# NO WAY JOSE



Chorégraphe : Shiley JOHNSON - Milpitas, CALIFORNIE - USA / 1992

LINE Dance : 32 temps - 4 murs

Niveau : débutant / novice

Musique : What part of no - Lorrie MORGAN - BPM 130

**No way José - Ray KENNEDY - BPM 140**

Traduit et préparé par Irène COUSIN, Professeur de Danse - 9 / 2010

Chorégraphies en français, site : <http://www.speedirene.com>

## Introduction : 16 temps

### *RIGHT HEEL, TOUCH, HEEL, LEFT HEEL, TOUCH, HEEL STEP*

- 1.2 TOUCH talon D avant ↗ - TAP PD à côté du PG
- 3.4 TOUCH talon D avant ↗ - pas PD à côté du PG (*appui PD*)
- 5.6 TOUCH talon G avant ↖ - TAP PG à côté du PG
- 7.8 TOUCH talon G avant ↖ - pas PG à côté du PD (*appui PG*)

### *RIGHT HEEL, STEP, LEFT HEEL, STEP, RIGHT KICK FORWARD-TWICE*

- 1.2 TOUCH talon D avant ↗ - pas PD à côté du PG (*appui PD*)
- 3.4 TOUCH talon G avant ↖ - pas PG à côté du PD (*appui PG*)
- 5.6 KICK PD avant - KICK PD avant

### *BACK-RIGHT, LEFT, RIGHT, STOMP IN FRONT, HEEL SHIFTS IN-CENTER*

- 1.2.3 3 pas arrière : pas PD arrière - pas PG arrière - pas PD arrière
- 4 STOMP PG devant PD - **appui 2 pieds** -
- 5.6 SWIVELS des talons " OUT " - SWIVELS des talons " IN "
- 7.8 SWIVELS des talons " OUT " - SWIVELS des talons " IN " - **appui PD** -

### *STEP-PIVOT 1/2 RIGHT, STEP-PIVOT 1/2 RIGHT*

- 1.2 pas PG avant - 1/2 tour PIVOT vers D (*appui PD*)
- 3.4 pas PG avant - 1/4 de tour PIVOT vers D (*appui PD*)

### *HEEL - TOE STRUTS FORWARD*

- 1.2 HEEL STRUT G avant : TOUCH talon G avant - DROP : abaisser pointe PG au sol + **SNAP**
- 3.4 HEEL STRUT D avant : TOUCH talon D avant - DROP : abaisser pointe PD au sol + **SNAP**
- 5.6 HEEL STRUT G avant : TOUCH talon G avant - DROP : abaisser pointe PG au sol + **SNAP**

# No Way Jose

TYPE	4 Wall Line Dance	RATING	Competition
COUNT	32	STEPS	33
CHOREOGRAPHER	<b>Shirley JOHNSON</b> , Milpitas, CA; 1992		
PREPARED BY	Ganean De La Grange, November, 1993. Revised February, 1994. Tel: (510) 490-1560		
SOURCE	Pat Barowicz at Country Connection magazine in Chicago [10/96] Email: Ctryconnec@aol.com		
MUSIC	"What Part Of No (Don't You Understand)" by Lorrie Morgan <b>"No Way Jose" by Ray Kennedy</b>		
NOTES	Competition approved by CWLDA, June, 1993. Competition window may be faster or slower. Unless otherwise directed, feet and body face forward.		

## I. RIGHT HEEL, TOGETHER, HEEL, STEP / II. LEFT HEEL, TOGETHER, HEEL, STEP

- 1.2 Touch RIGHT heel forward 45 degrees (*touching and facing approx. 1:00-1:30*).- Touch RIGHT ball/foot beside Left foot.
- 3.4 Touch RIGHT heel forward 45 degrees (*touching and facing approx. 1:00-1:30*).- Step RIGHT foot beside Left foot.
- 5.6 Touch LEFT heel forward 45 degrees (*touching and facing approx. 11:00-10:30*).- Touch LEFT ball/foot beside Left foot.
- 7.8 Touch LEFT heel forward 45 degrees (*touching and facing approx. 11:00-10:30*) - Step LEFT foot beside Right foot.

## III. RIGHT HEEL, TOGETHER, LEFT HEEL TOGETHER / IV. KICK RIGHT FORWARD, BACK, STOMP

- 1.2 Touch RIGHT heel forward 45 degrees (*touching and facing approx. 1:00-1:30*).- Step RIGHT foot beside Left foot.
- 3.4 Touch LEFT heel forward 45 degrees (*touching and facing approx. 11:00-10:30*) - Step LEFT foot beside Right foot.
- 5& Kick RIGHT foot/leg forward - With Right leg still extended, bend RIGHT knee, bringing leg up, back toward body.
- 6 Kick RIGHT foot/leg forward.
- 7.8.9 Step RIGHT foot back - Step LEFT foot back - Step RIGHT foot back.
- 10 Stomp (down) LEFT foot in front of Right foot (*weight to both feet*).

## V. HEEL SPLITS (LOUIE, LOUIE)

- 1 Putting weight to balls of both feet, move Left heel out to left side so Left heel is pointing approx. 8:00 and at same time move Right heel out to right side so Right heel is pointing approx. 5:00.
- 2 Leaving weight to balls of both feet, move Left heel to right side so Left pointing approx. 4:00 and at same time move Right heel to left side so Right heel pointing approx. 7:00.
- 3 Leaving weight to balls of both feet, move Left heel out to left side so Left heel is pointing approx. 8:00 and at same time move Right heel out to right side so Right heel is pointing approx. 5:00.
- 4 Leaving weight to balls of both feet, move heels back to center transferring your weight to Right foot (*both feet are pointing to 12:00*)

## VI. STEP PIVOT 1/2 RIGHT, 1/4 RIGHT

- 1 Step LEFT ball of foot forward to 12:00, leaving Right leg extended back with Right toe/ball still touching floor.
- 2 Pivot 1/2 turn right on balls of both feet (*starting pivot with weight to ball of Left foot and transferring weight to ball of Right at end of pivot turn*) (*now facing 6:00*).
- 3 Step LEFT ball of foot forward, leaving Right leg extended back with Right toe/ball touching floor.
- 4 Pivot 1/4 turn right on balls of both feet (*starting pivot with weight to ball of Left foot and transferring weight to ball of Right foot at end of pivot turn*) - (*now facing 9:00*).

## VII. FORWARD HEEL STRUTS

- 1.2 Step LEFT heel forward (*do not put toe/ball down*) - Set LEFT toe/ball down (*without lifting Left heel off floor*).
- 3.4 Step RIGHT heel forward (*do not put toe/ball down*) - Set RIGHT toe/ball down (*without lifting Right heel off floor*).
- 5.6 Step LEFT heel forward (*do not put toe/ball down*) - Set LEFT toe/ball down (*without lifting Left heel off floor*).