

No One

Choreographer Unknown

Description: Soul line dance

Music: **No One** by Maxwell

Start: 32 counts into music

Step Sheet Provided by Michael Thompson (dancemic1@yahoo.com or 770-365-9831)

PART I (SHUFFLE TURNS)

SHUFFLE RIGHT, LEFT, RIGHT, ROCK, HALF TRIPLE, ROCK

*Note: The brushes are on the “&” count”

&1-&2-&3-4 Brush right toe forward, step on right, brush left toe forward, step on left, brush right toe forward, rock back on right, recover onto left

5-6-7&8 Step right foot forward into $\frac{1}{4}$ turn left, step left foot together, step right foot back into $\frac{1}{4}$ turn left, rock back on left, recover onto right

HALF TRIPLE, ROCK, FULL TRIPLE, ROCK

1&2-3-4 Step left foot forward into $\frac{1}{4}$ turn right, step right foot together, step left foot back into $\frac{1}{4}$ turn right, rock back on right, recover onto left

5&6-7-8 Step right foot in place, turning $\frac{1}{2}$ left, step left foot together, step right foot in place, turning $\frac{1}{2}$ left, rock back on left, recover onto right

REPEAT ABOVE COUNTS STARTING WITH LEFT FOOT

1-16 Repeat the above 16 counts starting with the left foot

PART II (CALYPSO)

POINT, CROSS (4X), $\frac{1}{2}$ TAP TURN

1-8 Point right toe to right side, cross right foot over left, point left toe to left side, cross left foot over right, repeat

1&-2&-3&-4& Touch right toe next to left, step on right foot, starting to turn $\frac{1}{2}$ left, touch left toe next to right, step on left foot, continuing to turn $\frac{1}{2}$ left, touch right toe next to left, step on right foot, finishing $\frac{1}{2}$ turn left, touch left toe next to right, step on left foot

*Note: The touches are on the “&” count

REPEAT ABOVE STEPS

1-12& Repeat the above 12 counts again

PART III (NO ONE)

KNEE POPS RIGHT AND LEFT

1-4 Pop right knee in, straighten right knee, pop right knee in, straighten right knee and put weight on right

5-8 Pop left knee in, straighten left knee, pop left knee in, straighten left knee, keeping weight on right

CROSS, HOLD, SIDE, HOLD, CROSS, SIDE, CROSS, FLICK, REPEAT WITH OTHER FOOT

1-8 Cross left foot over right, hold, step right foot to right side, hold, cross left foot over right, step right foot to right side, cross left foot over right, flick right foot

9-16 Repeat starting with right foot, but end with a step on left foot instead of a flick

BACK, ROLL, BACK, ROLL, WALK 4X

1-4 Step back on right foot, roll body back and point left forward, step back on left foot, roll body back and point right forward

5-8 Walk forward right, left, right, left

PART IV (TRANSITION)

POINT, STEP, POINT, STEP, POINT, TOUCH, POINT, TURN, REPEAT WITH OTHER FOOT

1-8 Point left foot to left side, step left foot next to right, point right foot to right side, step right foot next to left, point left foot to left side, touch left foot next to right, point left foot to left side, turn ½ left on ball of right foot and bring left foot in

9-16 Repeat starting with right foot, but touch right next to left instead of turning

SEQUENCE

FRONT WALL-PART I, PART II, PART III TWICE, FIRST FOUR COUNTS OF PART III (KNEE POPS), PART IV

BACK WALL-PART I, PART III WITHOUT THE KNEE POPS (AS SOON AS YOU FINISH YOUR FULL TURN AND ROCK, START WITH THE CROSS LEFT-YOU HAVE TO DO A TOUCH WITH THE LEFT FOOT HERE TO GET INTO THE CROSS), PART III TWICE, FIRST FOUR COUNTS OF PART III (KNEE POPS), PART IV

*Note: During the song, you are doing the knee pops whenever they sing “No One Quite Like, No One Quite Like” and you are crossing on “You, Try To Forget You.” It makes sense when you listen to the song.