

NO PRESSURE

Choreographer: Alison Biggs & Peter Metelnick

Description: 64 counts, 4 walls, Intermediate Line Dance

Music: What's The Pressure by Laura Tesoro (107 bpm)

Intro: 16 counts (00:10)

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
8&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

R FWD, ½ L PIVOT TURN, R FWD TRIPLE, R FULL TURN FWD, L FWD TRIPLE

- 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

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 TRIPLE

- 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

½ R HINGE TURN, L CROSS TRIPLE, 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

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
RESTART comes here on wall 2
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)

R HEEL JACK, L CROSS TRIPLE, 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)

R ROCK BACK/RECOVER, ½ L TRIPLE, L ROCK BACK/RECOVER, L FWD TRIPLE

- 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

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)
8&5-6 Step L side, cross step R over L, step L side
7&8 Step R back, step L together, step R forward

REPEAT

RESTART on wall 2 after count 36 (12:00)

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