

NO MORE

Choreographed by Amanda DeLisle & Jaime Beaver
32 Count, 4 Wall, Intermediate/Advanced Hip Hop Style
Music: Rumors by Lindsay Lohan

1-8 Walk & Jump, Lean Forward & Back, Sailor Step, Full Turn

1&2 Walk forward R (1), L (&), Jump in place, landing with both feet about shoulder width apart & body leaning back to the R(2)
3-4 Leaving feet where they are, bring upper body forward to L (3), bring upper body back to R (4)
&5&6 Transfer weight to L (&), Sailor step R (5), L (&), R (6)
7&8 Full turn to L bringing L next to R (NO weight change) (7), Step L in place (&), Step R slightly out to R side (8)

9-16 Slide & Glide, Booty Shake

9-12 Bring L next to R (9), Push off w/ L toe and slide R foot to R (10), Bring L next to R (11), Push off w/ L toe and slide R foot to R (12), weight ends on R
13&14& Step L to L making $\frac{1}{4}$ turn to R while 'shakin ya bum', step R next to L while continuing to 'shake ya bum'
15&16 Step L to L while still 'shakin ya bum', Touch R next to L

17-24 Side Touches, Body Roll, $\frac{1}{2}$ Turn w/ Walks, Step to Side w/ Look

17&18 Touch R to R side (17), Step R next to L (&), Touch L to L side (18)
19&20 Body roll to L transferring weight to L (19), Step R next to L (&), Step L to L side (20)
&21-22 Pivot $\frac{1}{2}$ turn to R (&), Step forward on R while bringing R forearm to chest level (21), Step forward on L while bringing L forearm to chest level (22)
&23&24 Step R next to L (&), Step L to L side while bringing L forearm vertically in front of face (7), Look to L (&), Look center (8)

25-32 & Step, $\frac{1}{4}$ Turn, Sailor Step, Foot Slide, Jump & Kick

&25-26 Step R next to L (&), Step L to L side (1), Step R to R side making $\frac{1}{4}$ turn to R (2)
27&28 Step L behind R (3), Step R in place (&), Step L to L side making $\frac{1}{4}$ turn to R (4)
29-30 Slide R foot closer to L (but NOT ALL THE WAY) while raising R shoulder (29), Repeat action (30)
31&32 Jump/step back on L making $\frac{1}{4}$ turn to L while kicking R foot forward (31), Step R to R side making $\frac{1}{4}$ turn to R (&), Step L next to R (32)

End of dance. Have fun and feel the music