

No Panic

By Niels Poulsen: nielsbp@gmail.com

January 2018



Type of dance: 48 counts, 2 walls, intermediate
 Music: **Everything's gonna be alright** by David Lee Murphy feat. Kenny Chesney. Track length: 3:49. Buy on iTunes, etc.
 Intro: 8 count intro from main beat (5 secs. into track). Start with weight on L foot
 NOTE: NO TAGS, NO RESTARTS

Counts	Footwork	End facing
1 – 8	Basic R and L, side R, behind sweep, behind side cross turning 1/8 L	
1 – 2&	Step R to R side (1), step L behind R (2), cross R over L (&)	12:00
3 – 4&	Step L to L side (3), step R behind L (4), cross L over R (&)	12:00
5 – 6	Step R to R side (5), cross L behind R sweeping out to R side (6)	12:00
7&8	Cross R behind L (7), step L to L side (&), cross R over L turning 1/8 L (8)	10:30
9 – 16	L mambo step, R back lock step, L full turn sweep, behind side cross	
1&2	Rock L fwd (1), recover back on R (&), step L back (2)	10:30
3&4	Step back on R (3), lock L over R (&), step back on R (4)	10:30
5 – 6	Turn ½ L on R stepping L fwd (5), turn ½ L on L stepping R back and sweeping L to side (6)	10:30
7&8	Cross L behind R (7), step R to R side (&), cross L over R (8)	10:30
17 – 24	R side rock cross with 1/8 L, L side rock cross, R side rock ¼ L, L mambo ¼ L	
1&2	Square up to 9:00 rocking R to R side (1), recover on L (&), cross R over L (2)	9:00
3&4	Rock L to L side (3), recover on R (&), cross L over R (4)	9:00
5&6	Rock R to R side (5), turn ¼ L when recovering onto L (&), step R fwd (6)	6:00
7&8	Rock L fwd (7), recover back on R (&), turn ¼ L stepping L to L side (8)	3:00
25 – 32	Cross rock, side rock, back rock, R scissor step, ¼ R back, R back lock step	
1&2&	Cross rock R over L (1), recover onto L (&), rock R to R side (2), recover onto L (&)	3:00
3&	Rock back on R (3), recover onto L again (&)	3:00
4&5	Step R to R side (4), step L behind R (&), cross R over L (5)	3:00
6 - 7&8	Turn ¼ R stepping L back (6), step back on R (7), lock L over R (&), step back on R (8)	6:00
33 – 40	L back rock, L lock step with ½ R, R back rock, R syncopated jazz box	
1 – 2	Rock back on L (1), recover onto R again (2)	6:00
3&4	Turn ¼ R stepping L to L side (3), cross R over L (&), turn ¼ R stepping back on L (4)	12:00
5 – 6	Rock back on R (5), recover onto L (6) <i>Styling option for count 5: During verse 1 and 3 you can choose to look over your R shoulder to hit the lyrics ('look back over her shoulder') 😊</i>	12:00
7 – 8&	Cross R over L (7), step back on L (8), step R a small step to R side (&)	12:00
41 – 48	Cross point X 2, together, Monterey ½ R into L scissor step	
1 – 2	Cross L over R (1), point R to R side (2)	12:00
3 – 4	Cross R over L (3), point L to L side (4)	12:00
&5 – 6	Step L next to R (&), point R to R side (5), turn ½ R on L stepping R next to L (6)	6:00
7&8	Step L to L side (7), step R behind L (&), cross L over R (8)	6:00
ENJOY! 😊		
Ending	Wall 7 is your last wall (starts facing 12:00). Do up to count 44&. Rather than turning ½ R just step R to R side on count 45 to stay facing 12:00 😊	12:00