

NO TRIPPIN'**Choreographed by Bill Bader****Choreographed to " Yo Trippin' " by Anastacia****32 Count - 4 wall line dance -****Intermediate/Advanced level**

Country song: No News by Lonestar. Intro: 16 counts. 116 bpm

**FAN RIGHT TOE, RETURN TOUCH FWD, LOUIE-LOUIE, TOUCH
BACK, 1/4 TURN, STOMP TOGETHER, SWIVET RIGHT**

1-2 Fan R toe out, Return

3 Touch R toe forward

&4 Fan both heels in, Return ("Louie-Louie")

5 Touch R toe back

6 Turn 1/4 right keeping weight on L

7 Stomp down R heel beside L

**&8 Fan R toe to right while fanning L heel to left, Return
("Swivet Right")**

(Tip: In a "Swivet", both toes remain parallel.)

**TWO TOE STRUTS BACK, HEEL JACK, STEP, TOUCH, HEEL
JACK, STEP, TOUCH**

1-2 Touch R toe back, Lower R heel taking weight

3-4 Touch L toe back, Lower L heel taking weight

&5 Step R back, Touch L heel forward angled slightly left

**&6 Step L in place (returning it to prior location), Touch R
toe beside L**

&7&8 Repeat &5&6

**FORWARD 1/2 PIVOT, SHUFFLE FORWARD, FORWARD, HIP
PUSH HITCH/TURN 1/4, TOUCH, HITCH/TURN 1/4, TOUCH**

1-2 Step R forward, Pivot Turn 1/2 left onto L

3&4 Shuffle forward on R-L-R

5 Place L foot forward without full weight

6 Push hips forward shifting full weight onto L

**&7 Hitch R knee turning 1/4 left, Touch R toe to right side
(Paddle Turn with a preliminary Hitch)**

**&8 Hitch R knee turning 1/4 left, Touch R toe to right side
(Paddle Turn with a preliminary Hitch)**

FORWARD, HOLD, 3 ROGER RABBITS, STEP BESIDE, "HALF AN APPLE" (Left Applejack)

1-2 Step R forward, Hold

&3 Hitch L knee and scoot/slide back on R, Step L back

&4 Hitch R knee and scoot/slide back on L, Step R back

&5 Hitch L knee and scoot/slide back on R, Step L back

6 Step R beside L (but slightly apart to accommodate the next moves)

This next move is an APPLEJACK, but just HALF the normal pattern and done HALF as fast:

7-8 Fan L toe out while fanning the R heel in, Return

(Unlike the earlier Swivet where the toes remain parallel, here in an Applejack, the toes move

in opposite directions.) Styling Count 7: Bend knees and raise both hands in front of chest

(mid-chest level) with thumbs up and fingers cupped.

End of pattern. Begin again...

‘No Tipping’