

**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’