

No Strings Attached

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Type of dance: 32 counts, 2 walls, intermediate, cha cha line dance
 Music: **More than friends** by James Hype feat. Kelli-Leigh. 123 bpm. Track length: 2.20. Buy on iTunes etc
 Intro: 32 counts from main beat (app. 31 secs. into track). Start with weight on L foot
 1 EASY restart: On wall 4, after 16 counts, facing 12:00. See description at bottom of page

Counts	Footwork	End facing
1 – 9	Walk RLR, L step lock step, step R fwd, ½ L, L coaster cross	
1 – 3	Walk R fwd (1), walk L fwd (2), walk R fwd (3) ... <i>Styling during the chorus when they sing What's it gonna BE: throw R arm fwd and up snapping fingers on count 1</i>	12:00
4&5	Step L fwd (4), lock R behind L (&), step L fwd (5)	12:00
6 – 7	Step R fwd (6), turn ½ L keeping the weight back on R foot (7)	6:00
8&1	Step back on L (8), step R next to L (&), cross L over R (1)	6:00
10 – 17	Point R, flick R, weave, Hold, ball cross, L scissor step with 1/8 R	
2 – 3	Point R to R side (2), flick R up and backwards (3)	6:00
4&5	Cross R over L (4), step L to L side (&), cross R behind L (5)	6:00
6&7	Hold (6), step L to L side (&), cross R over L (7)	6:00
8&1	Step L to L side (8), step R behind L (&), cross L over R turning 1/8 R (1)	7:30
18 – 25	¼ L back, ½ L fwd, R step lock step, Hold, ball step ¼ R, Hold, ball step sweep 1/8 R	
2 – 3	Turn ¼ L stepping back on R (2), turn ½ L on R stepping L fwd (3)	10:30
4&5	Step R fwd (4), lock L behind R (&), step R fwd (5)	10:30
6&7	Hold (6), step L behind R (&), turn ¼ R stepping R fwd (7)	1:30
8&1	Hold (8), step L behind R (&), turn 1/8 R stepping R fwd sweeping L fwd at the same time (1)	3:00
26 – 32	Cross side, L sailor step, cross side, ¼ R into R coaster step	
2 – 3	Cross L over R (2), step R to R side (3)	3:00
4&5	Cross L behind R (4), step R to R side (&), step L to L side keeping body open to L diag. (5)	3:00
6 – 7	Cross R over L (6), step L to L side (7) ... <i>Styling on wall 6: shake shoulders to hit the strong beats in the music</i>	3:00
8&	Turn ¼ on L stepping back on R (8), step L next to R (&) ... (start dance again stepping R fwd on count 1)	6:00
Start Again!		
Ending	Wall 8 is your last wall (starts at 6:00). You finish when doing the coaster cross on counts 8&1 during section 1. You're now facing 12:00 again 😊	12:00
Restart	On wall 4 you restart the dance after 16 counts. However, you change count 16 to a HOLD and then add a small step back on L on an &-count to restart the dance facing 12:00	12:00