



# NOT NO MORE

Choreographed by Carol Cotherman  
84 Count, 4 Wall, Phrased Intermediate level line dance  
Music: My Oh My by The Wreckers

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**Notes: Sequence: ABA, A (Restart after count 24), ABAA, A( Dance through count 24), B & Tag, A (to the end)**

## PART A

### ROCKING CHAIR, 1/4 TURN LEFT, STOMP, HOLD

1 - 2 - 3 - 4 Rock forward on right, recover on left, rock back on right, recover left  
5 - 6 - 7 - 8 Step forward on right, pivot 1/4 turn left, stomp right, hold

### ROCKING CHAIR, 1/2 TURN RIGHT, STOMP, HOLD

1 - 2 - 3 - 4 Rock forward on left, recover on right, rock back on left, recover right  
5 - 6 - 7 - 8 Step forward on left, pivot 1/2 turn right, stomp left, hold

### VINE RIGHT, 1/2 TURN HITCH, VINE LEFT, SCUFF

1 - 2 Step right foot to right; step left behind right  
3 - 4 Turn 1/4 right, stepping forward on right; turn 1/4 right hitching left foot  
5 - 6 Step left foot to left; step right behind left  
7 - 8 Step left foot to left: scuff right

### JAZZ BOX ENDING IN SCUFF, TRIPLE STEP FORWARD, HOLD

1 - 2 - 3 - 4 Step right over left, step back on left, step right, scuff left  
5 - 6 - 7 - 8 Step forward on left, close right beside left, step forward left, hold

### TOUCH OUT, IN, OUT, HOLD, BEHIND, SIDE, CROSS. HOLD

1 - 2 - 3 - 4 Touch right toe to right, touch right toe by left foot, touch right toe to right, hold  
5 - 6 - 7 - 8 Step right behind left, step left to left, step right over left, hold

### TOUCH OUT, IN, OUT, HOLD, SAILOR 1/4 LEFT, HOLD

1 - 2 - 3 - 4 Touch left toe to left, touch left toes by right foot, touch left toe to left, hold  
5 - 6 - 7 - 8 Make 1/4 turn left by sweeping left behind right, step right by left, step forward on left, hold

### ROCKING CHAIR, STEP-LOCK-STEP, HOLD

1 - 2 - 3 - 4 Rock forward on right, recover on left, rock back on right, recover left  
5 - 6 - 7 - 8 Step forward on right, lock left behind right, step forward on right, hold

### KICK BALL STEP, HOLD, STEP 3/4 PIVOT RIGHT, STOMP, HOLD

1 - 2 - 3 - 4 Kick forward with left, step left by right, step forward on right, hold  
5 - 6 - 7 - 8 Step forward on left, pivot 3/4 right, stomp left, hold

## PART B

### RIGHT HEEL, LEFT HEEL, SWIVEL HEELS RIGHT (2X), SWIVEL HEELS LEFT & BACK

1 - 2 - 3 - 4 Touch right heel forward, step right back in place, touch left heel forward, step left back in place  
5 - 6 - 7 - 8 Swivel both heels to the right while knees bend pointing to the left, swivel heels back to center while straightening knees, repeat swivels  
9 - 10 Swivel both heels to the left while knees bend pointing to the right, swivel heels back to center (weight ending on right)

### LEFT HEEL, RIGHT HEEL, SWIVEL HEELS LEFT (2X), SWIVEL HEELS RIGHT & BACK

1 - 2 - 3 - 4 Touch left heel forward, step left back in place, touch right heel forward, step right back in place  
5 - 6 - 7 - 8 Swivel both heels to the left while knees bend pointing to the right, swivel heels back to center while straightening knees, repeat swivels  
9 - 10 Swivel both heels to the right while knees bend pointing to the left, swivel heels back to center (weight ending on left)

## TAG

### KICK BALL STEP, HOLD, STEP-LOCK-STEP FORWARD, HOLD, 1/2 PIVOT RIGHT

1 - 2 - 3 - 4 Kick forward with right, step right by left, step forward on left, hold  
5 - 6 - 7 - 8 Step forward on right, lock left behind right, step forward on right, hold  
9 - 10 Step forward on left, pivot 1/2 turn right (weight change to right foot)

### STEP-LOCK-STEP FORWARD, HOLD, KICKBALL STEP, HOLD

1 - 2 - 3 - 4 Step forward on left, lock right behind left, step forward on left, hold  
5 - 6 - 7 - 8 Kick forward with right, step right by left, step forward on left, hold

(Originally taught by Elysium Dance Designs May 2007)

