



## No Man's Land

Choreographed by Craig Bennett

**Description:** 32 count, 4 wall, intermediate line dance

**Music:** **No Man's Land** by Beverly Knight

### BACK ROCK RECOVER, COASTER STEP, ROCK ½ TURN, STEP ¾ PIVOT TURN

- 1&2 Rock back on right, recover onto left, step right to right side  
 3&4 Step back on left, step right beside left, step forward onto left  
 5&6 Rock forward on right, recover back onto left making ½ turn right and step forward onto right  
 7& Step forward onto left, make ½ turn left stepping back onto right  
 8 Make ¼ turn left stepping left to left side

### HIP SWAYS, LEFT SHUFFLE FORWARD, STEP ½ PIVOT, ROCK ½ TURN RIGHT

- 1-2-3 Sway hips to right, sway hips to left, sway hips to right making ¼ turn left  
 4&5 Step forward onto left, close right in place, step forward onto left  
 6& Step forward onto right, pivot ½ turn left  
 7&8 Rock forward on right, recover back onto left, make ½ turn right stepping forward onto right

### ¼ TURN SIDE STEP, BACK ROCK SIDE, CROSS ¼ TURN, ¼ TURN, BACK ROCK SIDE, COASTER

- 1 Make ¼ turn right stepping left to left side  
 2&3 Rock back on right, recover onto left, step right to right side  
 4&5 Cross left over right, make ¼ turn left stepping back onto right, ¼ turn left stepping left to left side  
 6&7 Rock back onto right, recover onto left, step right to right side  
 8&1 Step back onto left, step right in place, step forward onto left

### STEP ¼ TURN CROSS ROCK, RECOVER SWEEP HITCH, SAILOR ¼ TURN RIGHT, STEP ½ TURN SIDE

- 2&3 Step forward onto right, ¼ turn left stepping left to left side, cross rock right over left  
 4 Recover weight back onto left while hitching right knee  
*During wall 1 and wall 7 restart dance at this point*  
 5&6 Step back onto right, make ¼ turn left stepping forward onto left, step forward onto right  
 7&8 Step forward onto left, pivot ½ turn right, step left to left side

### REPEAT

### RESTART

*Restart on wall 1 after count 28*

*Restart on wall 7 after count 28, but this time hold the hitch for 2 extra counts before starting over*

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