No Panic

Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Niels Poulsen: January 2018
Music: Everything's Gonna Be Alright by David Lee Murphy feat. Kenny Chesney. 3:49. iTunes, etc.

Intro: 8 count intro from main beat (5 secs. into track). Start with weight on L foot
NOTE: NO TAGS, NO RESTARTS

[1 – 8] Basic R and L, side R, behind sweep, behind side cross turning 1/8 L
1 – 2& Step R to R side (1), step L behind R (2), cross R over L (&) 12:00
3 – 4& Step L to L side (3), step R behind L (4), cross L over R (&) 12:00
5 – 6 Step R to R side (5), cross L behind R sweeping out to R side (6) 12:00
7&8 Cross R behind L (7), step L to L side (&), cross R over L turning 1/8 L (8) 10:30

[9 – 16] L mambo step, R back lock step, L full turn sweep, behind side cross
1&2 Rock L fwd (1), recover back on R (&), step L back (2) 10:30
3&4 Step back on R (3), lock L over R (&), step back on R (4) 10:30
5 – 6 Turn ½ L on R stepping L fwd (5), turn ½ L on L stepping R back and sweeping L to side (6) 10:30
7&8 Cross L behind R (7), step R to R side (&), cross L over R (8) 10:30

[17 – 24] R side rock cross with 1/8 L, L side rock cross, R side rock ¼ L, L mambo ¼ L
1&2 Square up to 9:00 rocking R to R side (1), recover on L (&), cross R over L (2) 9:00
3&4 Rock L to L side (3), recover on R (&), cross L over R (4) 9:00
5&6 Rock R to R side (5), turn ¼ L when recovering onto L (&), step R fwd (6) 6:00
7&8 Rock L fwd (7), recover back on R (&), turn ¼ L stepping L to L side (8) 3:00

[25 – 32] Cross rock, side rock, back rock, R scissor step, ¼ R back, R back lock step
1&2& Cross rock R over L (1), recover onto L (&), rock R to R side (2), recover onto L (&) 3:00
3& Rock back on R (3), recover onto L again (&) 3:00
4&5 Step R to R side (4), step L behind R (&), cross R over L (5) 3:00
6 - 7&8 Turn ¼ R stepping L back (6), step back on R (7), lock L over R (&), step back on R (8) 6:00

[33 – 40] L back rock, L lock step with ½ R, R back rock, R syncopated jazz box
1 – 2 Rock back on L (1), recover onto R again (2) 6:00
3&4 Turn ¼ R stepping L to L side (3), cross R over L (&), turn ¼ R stepping back on L (4) 12:00
5 – 6 Rock back on R (5), recover onto L (6)
Styling option for count 5: During verse 1 and 3 you can choose to look over your R shoulder to hit the lyrics ('look back over her shoulder') 12:00
7 – 8& Cross R over L (7), step back on L (8), step R a small step to R side (&) 12:00

[41 – 48] Cross point X 2, together, Monterey ½ R into L scissor step
1 – 2 Cross L over R (1), point R to R side (2) 12:00
3 – 4 Cross R over L (3), point L to L side (4) 12:00
&5 – 6 Step L next to R (&), point R to R side (5), turn ½ R on L stepping R next to L (6) 6:00
7&8 Step L to L side (7), step R behind L (&), cross L over R (8) 6:00

ENJOY!

Ending Wall 7 is your last wall (starts facing 12:00). Do up to count 44&. Rather than turning ½ R just step R to R side on count 45 to stay facing 12:00

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