

# No More Tears

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Francien Sittrop (NL) - March 2010

Music: Thank You for the Heartbreak - Sugababes : (Album: Sweet 7)



**Intro : Start after 32 counts from the beginning, On Vocals**

**(1 – 8) Walks x2, Out Out, Hold, Ball Walk Walk, R Shuffle fwd**

- 1 - 2 Walk L , R
- &3 Step L out, Step R out
- 4 Hold
- &5-6 Step L next to R, Step R fwd , Step L fwd
- 7 & 8 Step R fwd, Step L next to R, Step R fwd

**(9-16) Step fwd, Touch fwd, Touch Back, ½ R, Step fwd, Sailor step ½ R, Hitch**

- 1 – 2 Step L fwd, Touch R Fwd
- 3 – 4 Touch R Back, ½ Turn R step R fwd (6.00)
- 5 Step L fwd
- 6 & 7 Sweep R behind L with ½ Turn R , Step L to L side, Step R to R side (12.00)
- 8 Hitch Left (\*\*\*\*Restart wall 2)

**(17-24) Cross Rock, Recover, Shuffle ½ L, Side rock, Recover, Cross Shuffle**

- 1 – 2 Rock L across R, Recover on R
- 3 & 4 Shuffle ½ Turn L with L,R,L (6.00)
- 5 – 6 Rock R to R side, Recover on L
- 7 & 8 Step R across L, Step L to L side, Step R across L

**(25-32) Side., ¾ Turn R , Rock fwd , Recover , Coaster step**

- 1 – 2 Step L to L side, ¼ Turn R slide R to R side (9.00)
- 3 – 4 ¼ Turn R slide L to L side (12.00), ¼ turn R slide R to R side (3.00)
- 5 – 6 Rock L fwd, Recover on R
- 7 & 8 Step L back , Step R next to L, Step L fwd

**(33-40) Cross , Side, Sailor Heel & Cross , Side, ¾ Triple Turn L**

- 1 – 2 Step R across L, Step L to L side
- 3 & 4 Step R behind L, Step L to L side, Touch R heel fwd
- &5-6 Step R next to L ,Step L across R , Step R to R side
- 7 & 8 ¾ Triple Turn L (6.00)

**(41-48) Touch, Hold, ¼ R , Touch L fwd, Hold, Ball Step, Touch Side, ¼ Turn R Hitch, R Shuffle fwd**

- 1 – 2 Touch R to R side, Hold
- &3-4 ¼ Turn R and step R next to L, Touch L fwd, Hold (9.00)
- &5-6 Step L next to R, Touch R to R side, ¼ Turn R and Hitch R and flick R heel across L
- 7 & 8 Step R fwd, Step L next to R, Step R fwd (\*\*\*\* Restart wall 4 )

**(49-56) Diagonally Kicks x2 , Coaster Step, Side, Hold , Ball, Touch, ¼ Turn R Hitch**

- 1 – 2 Kick L diag. R, Kick L diag L
- 3 & 4 Step L back, Step R next to L, Step L fwd
- 5 – 6 Step R to R side, Hold
- &7-8 Step L next to R, Touch R to R side, ¼ Turn R and Hitch R and flick R heel across L (3.00)

**(57-64) Shuffle fwd, Step Fwd, Pivot ½ R, Step Fwd, full Turn L, Step Fwd**

|       |                                          |
|-------|------------------------------------------|
| 1 & 2 | Step R fwd, Step L next to R, Step R fwd |
| 3 – 4 | Step L fwd, Pivot ½ Turn R (9.00)        |
| 5 – 6 | Step L fwd , ½ Turn L step R back (3.00) |
| 7 – 8 | ½ Turn L step L fwd, Step R fwd (9.00)   |

**Restarts:**

**During wall 2 after count 16 . Start again with count 1 . This will be wall 3**

**During wall 4 after count 48 . Start again with count 1. This will be wall 5**

**Ending: Dance last wall (8) up to count 54 (Pivot ½ R), add These 2 steps :Step L fwd, Pivot ½ Turn R to front wall**

**Website : <http://www.franciensittrop.nl>**

---