

NO WALLS 2

Choreo : Randy Lewis (503) 318-8831 rcl831@frontier.com
1596 N.W. Tanasbrook Ct. / Beaverton Oregon 97006-3261
Music : No Walls, No Ceilings, No Floors - Album "Moods" - Track # 3
You Tube - [No Walls](#) Download Amazon - [No Walls](#)
Rhythm : Waltz Speed: 45
Phase : 2 + 1 Cross Hover difficulty - Easy
Footwork : Opposite Except where noted release : Oct 2025

Seq - Intro , A B , A B C , A B , End

Intro - BFLY -

1-4 Wait 2 ; ; Apart Point ; Pick Up Touch CP / L ;

Wait 2 measures ; ;

123 {Apart Point} (Op Fcg / wall) Apart L, Point R, - ;

123 {Pick Up Touch CP / L} (Op Fcg / wall) In place R, lead lady fwd and sd to trn 1/2 LF to CP / L, - ;

A - CP / L -

1-4 Fwd Waltz ; Manuver ; 2 Right Turns ; ;

123 {Fwd Waltz} (CP / L) Fwd L, fwd R, cl L ;

123 {Manuver} (CP / L) compress on supporting foot and comm RF rotation fwd R between ladies feet, fwd L trng RF to fc RLOD, cl R (bk L, bk R trng RF, cl L) CP / RLOD ;

123 {2 Right Turns} (CP / R) Bk L comm RF turn, sd & fwd R, cl L ;

123 trng RF fwd R between ladies feet, sd & fwd L, cl R CP / W ;

5-8 Box ; ; Balance Left and Right ; ;

123 123 {Box} (CP / W) Fwd L, sd R, cl L ; Bk R, sd L, cl R CP / W ;

123 {Balance Left and Right} (CP / W) Sd L, XRIBL, rec L ;

123 Sd R, XLIBR, rec R CP / W ;

9-12 Vine 3 ; Pick Up ; Fwd Waltz twice ; ;

123 {Vine 3} (CP / W) Sd L, XRIBL, sd L ;

123 {Pick Up} (CP / W) Thru R blend to SCP, fwd & sd L trng LF, cl R CP / L ;

123 {Fwd Waltz twice} (CP / L) Fwd L, fwd R, cl L ;

123 Fwd R, fwd L, cl R CP / L ;

B - CP / L -

1-6 2 Left Turns ; lead hands ; Lace Up BFLY ; ; ; ;

123 {2 Left Turns} (CP / L) Fwd L comm LF turn, fwd & sd R cont LF trn, cl L

(bk R, sd & bk L trng LF, cl R) CP / RC ;

123 Bk R, cont LF trn sd L, cl R (fwd L between m's feet, trng LF sd & fwd R, cl L) CP / W ;

123 {Lace Up} (CP / W) Raise lead hnds - sd & fwd L pass bhnd W (fwd R undr jnd ld hnds), fwd R, cl L ;

123 Fwd R, fwd & slightly sd L, cl R ;

123 Join and raise trail hands - fwd L pass bhnd W (fwd R undr jnd trl hnds), fwd R, cl L ;

123 Fwd R trng RF (W LF), fwd & sd L to face blending to BFLY, cl R BFLY ;

7-8 Waltz Away ; Pick Up ;

123 {Waltz Away} (BFLY) Sd L comm trng LF, trng LF fwd R, trng LF cl R to Vee position LOD ;

123 {Pick Up} (Op Vee pos / Fcg LOD) Fwd R trng RF fc LOD, sml fwd L, cl R CP / L ;

(fwd L trng LF, trng LF fwd & sd R to face RLOD, cl L) CP / L ;

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repeat A

repeat B

C - CP / L -

1-4 **Left Turning Box to SCAR / LW ; ; ; ;**

123 {Left Turning Box to SCAR} (CP / L) Fwd L, fwd & sd R trng LF, cl L ;

123 Bk R, trng LF bk & sd L trng LF, cl R ;

123 Fwd L, trng LF fwd & sd R trng LF, cl L ;

123 Bk R, trng LF bk & sd L trng LF blending to SCAR / LW, cl R SCAR / LW ;

5-8 **Cross Hover 3 times SCP ; ; ; Pick Up ;**

123 {Cross Hover 3 times to SCP} (SCAR / LW) XLIFR (XRIBL), sd & fwd R trng LF rise with hover action blend to BJO, sd & fwd L BJO / LC ;

123 XRIFL (XLIBL), sd & fwd L trng RF rise with hover action blend to SCAR, sd & fwd R SCAR / LW ;

123 XLIFR (XRIBL), sd & fwd R trng LF rise with hover action, blending to SCP sd & fwd L SCP / LC ;

123 {Pick Up} (SCP / LC) Thru R, fwd & sd L trng LF, cl R CP / L ;

repeat A

repeat B

End - CP / L -

1-6 **Fwd Waltz ; Drift Apart ; Twinkle Out ; Twinkle In ;**

123 {Fwd Waltz} (CP / L) Fwd L, fwd R, cl L ;

123 {Drift Apart} (CP / L) Release trail hands from CP small fwd R, small sd L, rec R (bk L, bk R, sd L)

123 {Twinkle Out} (Lop Fcg / L) Trng RF thru L, fwd R trng LF, cl R Op Fcg / LC ;

123 {Twinkle In} (Op Fcg / LC) Trng LF thru R, fwd L trng RF, cl R CP / L ;

7-8 **2 Left Turns ; ; Box ; ; Canter ; Dip Twist Enjoy ;**

123 {2 Left Turns} (CP / L) Fwd L comm LF turn, fwd & sd R cont LF trn, cl L (bk R, sd & bk L trng LF, cl R) CP / RC ;

123 Bk R, cont LF trn sd L, cl R (fwd L between m's feet, trng LF sd & fwd R, cl L) CP / W ;

123 123 {Box} (CP / W) Fwd L, sd R, cl L ; Bk R, sd L, cl R CP / W ;

123 {Canter} (CP / W) Sd L, draw rt to lft, cl R CP / W ;

123 {Dip Twist Enjoy} (CP / W) Bk & sd L, compress on supporting foot small LF rotation, - :

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2 + 1 Waltz

Cross Hover

Int , A B , A B C , A B , End

Int - Op Fcg / W -

Wait 2 ; ; Apart Point ; Pick Up Touch CP / L ;

**A - CP / L - Fwd Waltz ; Manuver ; 2 Right Turns ; ;
Box ; ; Balance Left and Right ; ;**

Vine 3 ; Pick Up ; Fwd Waltz twice ; ;

**B - CP / L - 2 Left Turns ; ; lead hands Lace Up BFLY ; ; ; ;
Waltz Away ; Pick Up ;**

**A - CP / L - Fwd Waltz ; Manuver ; 2 Right Turns ; ;
Box ; ; Balance Left and Right ; ;**

Vine 3 ; Pick Up ; Fwd Waltz twice ; ;

**B - CP / L - 2 Left Turns ; ; lead hands Lace Up BFLY ; ; ; ;
Waltz Away ; Pick Up ;**

**C - CP / L - Left Turning Box SCAR / LW ; ; ; ;
Cross Hover 3 times SCP ; ; ; Pick Up ;**

**A - CP / L - Fwd Waltz ; Manuver ; 2 Right Turns ; ;
Box ; ; Balance Left and Right ; ;**

Vine 3 ; Pick Up ; Fwd Waltz twice ; ;

**B - CP / L - 2 Left Turns ; ; lead hands Lace Up BFLY ; ; ; ;
Waltz Away ; Pick Up ;**

**End - CP / L - Fwd Waltz ; Drift Apart ; Twinkle Out ; Twinkle In ;
2 Left Turns ; ; Box ; ; Canter ; Dip Twist Enjoy ;**