

# NO TEARS ANYMORE

**Music:** Bonnie Bianco  
[www.amazon.co.uk/No-Tears-Anymore/dp/B00R66TVVA](http://www.amazon.co.uk/No-Tears-Anymore/dp/B00R66TVVA)  
Cd: My Star Time 3:38 Available from choreographer  
Shortened from 3:13,8 to end & fade out from 3:08,5 to end

**Rhythm:** Slow Two Step Phase : IV + 1 (Triple Traveler) + Several U

**Footwork:** Opposite except where (Noted)

**Release Date:** Sept 21

**Choreo:** Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

**Email:** [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)

**Sequence:** INT AB AB(1-18) C D END



## INTRO

### 01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; FULL BASIC ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Full Basic} Sd L, -, XRib (W XLib), rec L ; Sd R, -, XLib (W XRib), rec R ;

## PART A

### 01-04 OP BASICS ; ; 2 SWITCHES to Pickg Up ; ;

{OP Basic x 2} Sd L trng to ½ RF rlsng trl hnds LOP RLOD, -, XRib (W XLib), rec L trng to fc ; Sd R trng to ½ LF rlsng ld hnds OP LOD, -, XLib (XRib) rec R to ½ OP LOD ; {2 Switches to Pickg Up} Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R) ; Fwd R, -, fwd L to ½ OP LOD, fwd R (W sd L Xg ifo M, fwd R to ½ OP, fwd L) to ½ OP LOD to Pickg Up ;

### 05-08 TRAVELING X-CHASSE ; PASSING X-CHASSE ; W PASSING X-CHASSE ; TRAVELING X-CHASSE to WALL & Manvrg ;

(Trav X-Chasse) Jng both hnds low Fwd L trng LF, -, sd & fwd R w/ rt sd leadg, XLif (W fwd R LF trn ifo M, -, bk & sd L w/ lft sd leadg, XRif) to DLC ; (Passing X-Chasse) Fwd R trng RF fc Wall, -, fwd & sd L cont RF trn w/ lft sd leadg, XRif fc DRW (W bk L trng RF, -, small sd R fc COH w/ rt sd leadg, XLif) ; {W Passing X-Chasse} Bk L trng RF, -, small sd R fc COH, w/ rt sd leadg XLif (W fwd R trng RF, -, fwd & sd L cont RF trng w/ lft sd leadg, XRif of M fwd DRW) ; (Trav X-Chasse to WALL & Manvrg) Fwd R trng RF, -, sd & fwd L to fcg WALL w/ lft sd leadg, XRif (W bk R trng LF, -, bk & sd L to fcg COH w/ rt sd leadg, XRif) to BFLY WALL manvrg ;

### 09-12 RIGHT TURN/W OUTSIDE ROLL ; BASIC ENDING to Pickg Up ; LEFT TURN/W INSIDE ROLL ; HIP LIFT ;

{Right Trn w/ Outsd Roll} Sd & bk L Xg ifo W, -, raisg jnd ld hnds sd & bk R trng ¼ RF, XLif to fc ptr (W fwd R comm roll RF under jnd ld hnds, -, bk L cont roll, fwd R comp roll to fc ptr) to BFLY COH ; {Basic Ending to Pickg Up} Repeat meas 4 Intro to BFLY COH & Pickg Up ; {Left Trn w/ Insd Roll} Fwd L com LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R com LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to Low Bfly WALL ; {Hip Lift} Sd R bring L ft along sd R ft, -, w/ pressure on L toe lift L hip, lwr hip ;

### 13-17 LEFT & RIGHT HAND PATTY CAKE ; ; W UNDERARM TURN ; M UNDERARM TURN ; RIFF TURN to Pickg Up ;

{Left & Right Hnd Patty Cake} Sd L jng lft palms, -, trng RF rk bk R, rec L trng to Low Bfly Wall ; Sd R jng rt palms, -, trng LF rk bk L, rec R (W sd R jng lft palms, -, trng RF rk fwd L, rec R trng to Low Bfly ; Sd L jng rt palms, -, trng LF rk fwd R, rec L) to Low Bfly WALL ; {W Underarm Trn} Sd L raisg jnd ld hnds palm-to-palm, -, XRib, rec L (W sd R com RF trn undr jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn) jng trl hnds ; {M Underarm Trn} Sd R comm RF trn under jnd trl hnds, -, XLif cont ½ RF trn, rec R compg full trn (W sd L raisg jnd trl hnds palm-to-palm, -, XRib, rec L) to Low Bfly WALL ; {Riff Trn & Pickg Up} [Q&Q&] Sd L raisg ld hnds, cl R, sd L, cl R (W sd & fwd R com RF spin, cl L compg full RF spin, fwd R com RF spin, cl L compg 2 nd full spin undr jnd ld hnds) to BFLY WALL & Pickg Up ;

## PART B

### 01-04 TRIPLE TRAVELER ; ; ; OP BASIC ENDING ;

{Triple Traveler} Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to LOP LOD ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (W fwd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R comm roll RF under jnd ld hnds, -, bk L cont roll, fwd R comp roll to fc ptr) to BFLY COH ; {OP Basic Ending} Sd R, -, XLib, rec R ½ OP RLOD ;

**05-09 THE SQUARE ; ; ; ; SLOW HIP ROCK TWO to Pickg Up to RLOD :**

**{The Square}** [Like a switch] sd L Xg ifo W, -, trng RF sd R twd Wall in L ½ OP, XLif (W fwd R, -, sd L twd Wall, XRif startg to Xg ifo M) ; Fwd R, -, sd L twd LOD, XRif startg to Xg ifo W (W [Like a switch] sd L Xg ifo M, -, trng RF sd R twd LOD in ½ OP, XLif) ; [Like a switch] Sd L Xg ifo W, -, trng RF sd R twd COH in L ½ OP, XLif (W fwd R, -, sd L twd COH, XRif startg to Xg ifo M) ; Fwd R, -, sd L twd RLOD, XRif ; (W [Like a switch] sd L Xg ifo M, -, trng RF sd R twd RLOD in ½ OP, XLif) ; **{Slow Hip Rk 2}** [SS] Blend to Fc in Low Bfly Rk sd L, -, rk sd R & Picg up to RLOD, -;

**10-12 TO RLOD TRIPLE TRAVELER ; ; ; BASIC ENDING to OP LOD :**

**{Triple Traveler}**To RLOD Repeat meas 5,6 & 7 Part B ; ; ; **{Basic Ending to OP LOD}** Repeat meas 4 Intro to to OP LOD ;

**13-16 SPIRAL & SYNCOPATED WALK to CP WALL Manvrg ; CONTINUOUS TRAVELING RIGHT TURNS ; ; ;**

**{Spiral & Sync Walk}** Fwd L spiralg RF to LOD, -, fwd R/L, R trng RF to fc ptr (W fwd R spiral LF to LOD, -, fwd L/R, fwd L trng LF to fc ptr) to Loose CP WALL & manvrg ; **{Continuous Traveling Right Trns}** Foldg RF ifo W sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checkg) to end BJO M Fcg DLW ; Fwd R outsd ptr foldg RF square to ptr & CP RLOD, -, bk L pivot ½ RF, fwd R cont RF pivot (W bk L trng RF to square w/ ptr, -, fwd R pivot ½ RF, bk L cont RF pivot) to end approx CP DRW ; Cont RF trn sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checkg) to end BJO M Fcg DLW ;

**17-20 FORWARD FACE CLOSE ; SYNCOPATED VINE ; LUNGE BASICS ; ;**

**{Fwd Fc Cl}** Fwd R LOD outsd ptr, -, trng RF to fc ptr sd L, cl R (W bk L LOD, -, trng RF sd R, cl L) to BFLY WALL ; **{Sync Vine}** Sd L, -, XRib (W XLif)/sd L, XRif (XLif) ; **{Lunge Basics}** Sd L, -, rec R, XLif (W XRif) ; Sd R, -, rec L, XRif (W XLif) ;

**PART C**

**01-04 STROLLING VINE w/ HESITATION & INSIDE & OUTSIDE ROLL to Pickg Up ; ; ; ;**

**{Strolling Vine w/ Hesitation & Insd Roll}** Sd L, -, XRib, swiv LF on R (W XLif w/ LF trn like a pick up) ; Cont tng LF sd & fwd L raisg jnd ld hnds to ld W's LF trn, -, contg LF trn sd R, XLif (W sd & bk R trng LF, -, contg to trn undr ld hnds roll LF L, R twd LOD) to CP COH ; **{Strolling Vine w/ Hesitation & Outsd Roll to Pickg Up}** Sd R, -, XLif, swiv RF on L (W XRif startg RF trn) ; Cont trng RF sd & fwd R raisg jnd ld hnds to ld W's RF trn, -, contg RF trn sd L, XRif (W sd & bk L trng RF, -, contg to trn under ld hnds roll RF R, L twd LOD) to CP WALL to Pickg Up ;

**05-08 LEFT TURNING BOX w/ TWIRL ; ; ; WRAP ENDING to LOD :**

**{Left Trning Box w/Twirl}** Fwd L comm trng LF fc DC, -, sd R cont trn LF, XLif fc COH (W bk R comm trng LF fc RDW, -, sd L cont trn LF, XRif fc Wall) ; Bk R comm trng LF lead W LF twirl under ld hnds fc RDC, -, sd L cont trn LF, XRif fc RLOD (W fwd L comm LF twirl under ld hnds, -, cont twirl R, L to fc LOD) ; Fwd L comm trng LF fc RDW, -, sd R cont trn LF, XLif fc Wall (W bk R comm trng LF fc DC, -, sd L cont trn LF, XRif fc COH) ; Bk R comm trng LF lead W LF twirl under ld hnds fc DW, -, sd L cont trn LF, XRif to Wrap fc LOD (W fwd L comm LF twirl under ld hnds, -, cont twirl R, L to Wrap fc LOD) ;

**09-12 SWEETHEART RUNS to FACE PARTNER ; ; OP BASIC TWICE ; ;**

**{Sweetheart Runs}** Still Wrapped pos LOD fwd L, -, R, L ; Fwd R, -, L, fwd & sd R trng LF to fc ptr ; **{OP Basic x 2}** Repeat meas 1,2 Part A ; ;

**PART D**

**01-04 ARM to ARM FOUR TIMES to BFLY WALL ; ; ; ;**

**{ARM to ARM x 4}** fcg ½ OP LOD Fwd L leadg W to Xg if, -, R, L (W fwd R across ifo M trng LF, -, sd L, XRif) to ½ OP LOD ; Fwd R, -, L, R (W fwd L Xg ifo M trng RF, -, sd R, XLif) to ½ L-OP LOD ; Repeat meas 1 Part D ; Fwd R, -, L, R trng RF (W fwd L Xg ifo M trng RF, -, sd R, XLif trng LF) to BFLY WALL ;

**05-08 FORE ARM SPIN ; BASIC ENDING ; FORE ARM SPIN ; BASIC ENDING :**

**{Forearm Spin}** Fwd L catchg her R forearm w/ palm of rt hnd push against her arm leadg her RF spin, -, fwd R trng LF, rec L to fc ptr & COH (W fwd R comm RF spin 1-1/2, -, L spin RF, R spin RF to fc ptr) to BFLY COH ; **{Basic Ending}** Repeat meas 4 Intro to BFLY COH ; **{Forearm Spin}** Repeat meas 5 Part D to BFLY WALL ; **{Basic Ending}** Repeat meas 4 Intro to BFLY WALL ;

**ENDING**

**01-02 SIDE BASIC ; SIDE /W WRAP & HOLD :**

**{Sd Basic}** Repeat meas 3 Intro ; **{Sd/W Wrap & Hold}** Sd R raisg ld hnd(W sd L trng LF under ld hnd to Wrap to WALL) ;