



No Panic

48 Count, 2 Wall, Intermediate

Choreographer: Niels Poulsen (DK) January 2018
Choreographed to: Everything's Gonna Be Alright by
David Lee Murphy feat. Kenny Chesney

8 count intro from main beat (5 secs. into track). Start with weight on L foot

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 forward (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 1/2 L on R stepping L forward (5), turn 1/2 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 1/4 L, L mambo 1/4 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 1/4 L when recovering onto L (&), step R forward (6) 6:00
7&8 Rock L forward (7), recover back on R (&), turn 1/4 L stepping L to L side (8) 3:00

25-32 Cross rock, side rock, back rock, R scissor step, 1/4 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 1/4 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 1/2 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 1/4 R stepping L to L side (3), cross R over L (&), turn 1/4 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 1/2 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 1/2 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

Ending Wall 7 is your last wall (starts facing 12:00). Do up to count 44&. Rather than turning 1/2 R just step R to R side on count 45 to stay facing 12:00