

No One Knows

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Music: Artist: Ella
CD: Nosargāt Sapni, Track 5, 3:10, slow down 3%
Listen to full song on YouTube
<https://www.youtube.com/watch?v=-FUnir4MwIY>
Sample and buy from iTunes
<https://music.apple.com/de/album/no-one-knows/930461916?i=930461933>
Rhythm: Slow Two Step
Phase: V+2+3 (Same Foot Lunge, Pull Pass,
Circular Triple Traveler, Neck Wrap, Waist Slide)
Difficulty: Average
Sequence: Intro-A-B-Int1-C-A-B-Int2-A*-B-Int3-End Version: 1.0, June 2022

Intro

- 1-4 **WAIT PICK UP NOTES ~;; LUNGE BASIC 2x;;**
{Wait ~; wait;} BFLY WALL ld ft free wait ½ & 2 measures ~;;
{Lunge basic} Lunge sd L, -, rec R, XLif;
{Lunge basic} Lunge sd R, -, rec L, XRif;
- 5-8 **OPEN BASIC 2x;; SWITCHES;;**
{Open basic} Sd L trn to L ½ OP RLOD, -, XRib (W XLib), rec L trng to fc ptr;
{Open basic} Sd R trn to ½ OP LOD, -, XLib (W XRib), rec R trng to fc ptr;
{Switches} Fwd & sd L Xif of W trng RF, -, cont trng RF to L ½ OP fwd R, fwd L
(W fwd R, -, fwd L, fwd R); fwd R, -, fwd L, fwd R
(W fwd & sd L Xif of M trng RF, -, cont trng RF to ½ OP fwd R, fwd L) to ½ OP LOD;
- 9-12 **UNDERARM TURN; BASIC ENDING TO LOW BFLY; BOTH HANDS CHANGE SIDES 2x;;**
{Underarm turn} Sd L raise ld hnds, -, XRib, rec L
(W sd R commence RF trn under jnd ld hnds, -, XLif continue RF trn ½, rec R comp trn to fc ptr);
{Basic ending to LOW BFLY} Sd R, -, XLib (W XRib), rec R to LOW BFLY WALL;
{Both hands change sides} Keep bth hnds jnd & lifting them above W's hd
fwd L trng ½ RF, -, rk bk R, rec L (W fwd R trng ½ LF, -, rk bk L, rec R) to Xd hnds COH;
{Both hands change sides} Keep bth hnds jnd & lifting them above W's hd
fwd R trng ½ LF, -, rk bk L, rec R (W fwd L trng ½ RF, -, rk bk R, rec L) to LOW BFLY WALL;
- 13-16 **WAIST SLIDE; OPEN BREAK; WAIST SLIDE; BASIC ENDING TO PU;**
{Waist slide} Fwd L twd LOD comm LF trn bring jnd ld hnds to M's R waistline sweeping R arm up, -,
cont trn & R arm sweep releasing jnd ld hnds sd R to fc ptr & COH, XLif
(W fwd R placing R hnd on M's waistline, -, fwd L trng RF around ptr tracking R hnd around his body,
fwd R trng to fc ptr) to LOP FCG COH;
{Open break} Sd R, -, rk bk L (W rk bk R), rec R;
{Waist slide} Repeat measure 13 of Intro but end to fc WALL;
{Basic ending to PU} Sd R, -, XLib (W XRib), rec R to CP starting to PU;

PART A

- 1-4 **CIRCULAR TRIPLE TRAVELER;;;;**
{Circular triple traveler} Sd & fwd L raising ld hnds, -, fwd & sd R, fwd & aX L (W fwd & aX R spiral
7/8 LF, -, cont LF trn fwd & sd L, fwd R cont trng LF under jnd ld hnds) to LOP V-SHAPE LOD;
fwd & aX R twd COH, -, slowly trn LF on R to fc under jnd ld hnds, as you ld W like a lariat
(W fwd & sd L shaping RF to M, -, strongly curving RF around M fwd R, fwd L) to LOP V-SHAPE RLOD;
fwd & aX L RLOD, -, raising jnd ld hnds to ld W under RF sd & fwd R, fwd & aX L
(W fwd & aX R, -, fwd & sd L trn RF under jnd ld hnds, fwd R) still in V-shape LOP RLOD;
fwd & aX R twd WALL, -, slowly trn LF on R to fc under jnd ld hnds, as you ld W like a lariat
(W fwd & sd L shaping RF to M, -, strongly curving RF around M fwd R, fwd L) to LOP V-SHAPE LOD;

- 5-8 FINISH CIRCULAR TRIPLE TRAVELER; BASIC ENDING TO CP; HINGE; SAME FOOT LUNGE;**
{Finish circular triple traveler} Fwd & aX L LOD, -, raising jnd ld hnds to ld W under RF sd & fwd R, fwd & aX L (W fwd & aX R, -, fwd & sd L trn RF under jnd ld hnds, fwd R) to V-shape LOP LOD;
{Basic ending to CP} Sd R, -, XLib (W XRib), rec R to CP;
{Hinge} Sd L rotate LF, -, lower into L knee (W sd R trng LF, -, XLib lower R ft point [no weight] twds LOD w/ hd now well to the L), -;
{Same foot lunge} Rise with no weight chg while leading W out of the hinge, -, cl R, lower on R while extending L twd to RLOD (W rec R comm to swivel RF, -, cont to swivel RF on R to fc RLOD, lower on R while extending L fwd to RLOD);

PART B (Whole Part Same Foot Work)

- 1-4 WOMAN HOVER OUT; X-HOVER 3x;;:**
{Woman hover out} Fwd L twd DRC, -, rk sd R, rec L (W fwd L, -, fwd R trng LF, fwd L trng LF to fc partner) to LOW BFLY DRC;
{Cross hover} Same foot fwd R (W pass if of M), -, sd L trng ¼ RF, rec R to LOW BFLY DLC;
{Cross hover} Same foot fwd L (W pass if of M), -, sd R trng ¼ LF, rec L to LOW BFLY DRC;
{Cross hover} Repeat measure 2 of Part B;
- 5-8 TRAIL HANDS CHANGE SIDES TO SHADOW LINE; SHADOW RIGHT TURNS;;**
WOMAN ROLL OUT;
{Trail hands change sides to SHADOW LINE} Raise tr hnds fwd L, -, fwd R LOD, fwd L (W fwd L to WALL, -, fwd R trn ¼ LF, fwd L) to SHADOW LOD;
{Shadow right turns} Fwd R trn RF, -, jnd L hnds over W's hd sd L, bk R; release L hnds jn R hnds beh M's bk bk L trn RF, -, sd R jnd R hnds over W's hd, fwd L to SHADOW LOD;
{Woman roll out} Fwd R ld W with R hnd to roll out, -, fwd L, fwd R (W fwd R trn RF, fwd L cont trn, fwd R fin trn) to OP LOD;
- 9-12 NECK WRAP; WOMAN ROLL OUT; WOMAN ROLL ACROSS; PU IN 2 MAN TOUCH;**
{Neck wrap} Fwd L, -, fwd R, fwd L (W fwd L trn LF, -, bk R cont LF trn, fwd L cont trn LF) tr hnds at W's neck;
{Woman roll out} Repeat measure 8 of Part B;
{Woman roll aX} Cl L, -, rk bk R, fwd L (W fwd L trn LF, -, bk R cont LF trn, fwd L cont trn) to LOP LOD;
{Pickup in 2 man touch} Fwd R, -, tch L (W fwd R trn RF, -, fwd L cont trn RF) to LOW BFLY LOD, -;

INTER 1

- 1-4 TRAVELING X-CHASSE; MAN PASSING X-CHASSE; WOMAN PASSING X-CHASSE; TRAVELING X-CHASSE TO WALL;**
{Traveling x-chasse} Sd & fwd L trng 1/8 LF, -, sd R twd DLW, XLif (W sd & bk R trng 1/8 LF, -, sd L twd DLW, XRif);
{Man passing x-chasse} Fwd R trng ¼ RF, -, sd L trng 3/8 RF & passing W, XRif (W bk & sd L trng ¼ RF, -, sm sd & fwd R trng 3/8 RF, XLif) to LOW BFLY RLOD;
{Woman passing x-chasse} Bk & sd L comm RF trn, -, sm sd & fwd R cont trn & ld W to pass, XLif (W fwd R trng RF, -, sd L trng RF & passing M, XRif) to LOW BFLY LOD;
{Traveling x-chasse} Sd & fwd R trng ¼ RF, -, sd L, XRif (W sd & bk L trng ¼ LF, -, sd R, XLif) to LOW BFLY WALL;

PART C

Repeat measures 9-16 of Intro;;; ;;;

PART A

PART B

INTER 2

- 1-4 LEFT TURN INSIDE ROLL; BASIC ENDING; OPEN BASIC 2x;;**
{Left turn inside roll} Fwd L comm LF trn raise jnd ld hnds to ld W's LF trn, -, sd R comp ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld hnds, cont LF trn sd R) to BFLY COH;
{Basic ending} Sd R, -, XLib, rec R to CP COH;
{Open basic 2x} Repeat measures 5-6 of Intro but fc COH;;

PART A*

1-4 THE SQUARE:::

{The square} Sd L aX if of W trn ¼ RF to L ½ OP WALL, -, fwd R, fwd L
(W fwd R to L ½ OP WALL, -, fwd L, fwd R start to fold if of M);
fwd R trn to LOD, -, fwd L, fwd R (W sd L aX if of M trn ¼ RF to ½ OP LOD, fwd R, fwd L);
sd L aX if of W trn ¼ RF to L ½ OP COH, -, fwd R, fwd L
(W fwd R to L ½ OP COH, -, fwd L, fwd R start to fold if of M);
fwd R trn to RLOD, -, fwd L, fwd R (W sd L aX if of M trn ¼ RF to ½ OP RLOD, fwd R, fwd L);

5-8 OPEN BASIC; BASIC ENDING TO CP; HINGE; SAME FOOT LUNGE;

Repeat measure 5 of Intro but fc COH;
Repeat measures 6-8 of Part A;;;

PART B

INTER 3

1-4 TRAVELING X-CHASSE 3x;;; MAN PASSING X-CHASSE;

{Traveling x-chasse} Repeat measure 1 of Inter 1;
{Traveling x-chasse} Sd & fwd R trng ¼ RF, -, sd L twd DLC, XRif (W sd & bk L trng ¼ RF, -, sd R twd DLC, XLif); Repeat measures 1-2 of Inter 1;;

END

1-4 WOMAN PASSING X-CHASSE; MAN PASSING X-CHASSE; PULL PASS; WOMAN FORWARD TO WRAP;

{Woman passing x-chasse} Repeat measure 3 of Inter 1;
{Man passing x-chasse} Repeat measure 2 of Inter 1;
{Pull pass} Bk L, -, sd & bk R trn 3/8 RF ld W to pass, - (W fwd R, -, fwd L comm RF trn, fwd R comp 3/8 RF trn);
{Woman forward to wrap} Cl L, -, cl R ld W to WRAP DLW, pt sd L (W fwd L, -, cl R, pt sd L);

Suggested Head Cues

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|-------|---|
| Intro | BFLY WALL - wait pick up notes ~;; 2 lunge bas;; 2 op bas;; switches;; u/a trn; bas endg (LOW BFLY); bth hnds chg sds; 2x; waist slide; op brk; waist slide; bas endg (PU); |
| A | circ trip trav;;; ; bas endg (CP); hinge; same ft lunge; |
| B | W hov out; X hov 3x;;; tr hnds chg sds (SHDW LOD); shdw R trns;; W roll out; neck wrap; W roll out; W roll aX; PU in 2 - M tch; |
| Int1 | trav X chasse; M passg X chasse; W passg X chasse; trav X chasse (WALL); |
| C | u/a trn; bas endg (LOW BFLY); bth hnds chg sds; 2x; waist slide; op brk; waist slide; bas endg (PU); |
| A | circ trip trav;;; ; bas endg (CP); hinge; same ft lunge; |
| B | W hov out; X hov 3x;;; tr hnds chg sds (SHDW LOD); shdw R trns;; W roll out; neck wrap; W roll out; W roll aX; PU in 2 - M tch; |
| Int2 | L trn insd roll; bas endg; 2 op bas;; |
| A* | the square;;;; op bas; bas endg (CP); hinge; same ft lunge; |
| B | W hov out; X hov 3x;;; tr hnds chg sds (SHDW LOD); shdw R trns;; W roll out; neck wrap; W roll out; W roll aX; PU in 2 - M tch; |
| Int3 | trav X chasse; 3x;; M passg X chasse; |
| End | W passg X chasse; M passg X chasse; pull pass; W fwd (WRAP) & hold; |