

# Nada

Count: 40

Wand: 2

Ebene: Advanced

Choreograf/in: Barry W. Muniz (USA)

Musik: Little Bit Is Better Than Nada - Texas Tornados



## LEFT AND RIGHT SIDE BREAK

- 1&2 Step left foot to left; step right foot in place; step left beside right  
& Hold  
3&4 Step right foot to right; step left foot in place; step right beside left  
& Hold  
5&6 Cross-step left over right; step right foot back; step left beside right  
& Hold  
7&8 Step slightly forward onto right heel with toe turned in; grind right heel from left to right shifting weight to left; step right foot beside left.

## STEP OFF; ¼ TURN TO THE RIGHT; SCUFF

- 9-10 Step left foot to left; brush right foot up and across left  
11-12 Step right foot to right; brush left foot up and across right  
13-14 Step left foot to left; brush right foot up and across left  
15-16 Step right foot to right; scuff left next to right while turning ¼ right

## HEEL DIG; COASTER STEP

- 17-18 Step left heel forward with toe pointed right; rock-step back on right while turning left toe to left  
19&20 Step left foot beside right; step right foot back; step left foot forward  
21-22 Step right heel forward with toe pointed left; rock-step back on left while turning right toe to right  
23&24 Step right foot beside left; step left foot back; step right foot forward.

## SIDE STEP (LATIN MOTION); GUMBY BREAK

- 25-26 Step left foot to left; step right beside left  
27&28 Step left foot to left; step right beside left; step left foot to left (while executing this movement, lift hands to chest level with elbows up and out, and sway with steps).  
& Raise right foot up slightly beside left  
29-30 Step right foot diagonally and slightly to right; step left diagonally and slightly left (raise left foot slightly beside right before executing count 30 while starting ¼ turn right).  
31&32 Step right foot diagonally and slightly to right; step left foot diagonally and slightly to left; step left foot diagonally and slightly to right completing ¼ turn right (slightly raise non-weighted foot before executing steps 31&32)

## REGGAE CHOP

- 33-34 Step left foot diagonally and slightly left thrusting left hip diagonally at same time; step right foot diagonally and slightly right thrusting right hip diagonally at same time  
35&36 Step left foot diagonally and slightly left thrusting left hip; thrust right hip back; thrust left hip diagonally to left  
37-38 Step right foot diagonally and slightly right thrusting right hip; step left foot diagonally and slightly left thrusting left hip  
39&40 Step right foot diagonally and slightly right thrusting right hip; thrust left hip back; thrust right hip diagonally right.

## REPEAT

