

# Alotta Nada!!!

Count: 32

Wand: 4

Ebene:

Choreograf/in: Lynn Pistello (USA)

Musik: Little Bit Is Better Than Nada - Texas Tornados



## STEP, SLIDE

- 1 Take a big step back with your left foot  
2-3 Slowly drag right foot to left foot for two counts weight stays on left foot

## FORWARD, BACK, TOGETHER (SYNCOPATED ROCK)

- 4 Step (rock) forward with right foot  
& Rock onto left foot  
1 Place right foot next to left foot (weight on right)

## QUARTER TURN, QUARTER TURN

- 2 Step left with left foot making a quarter turn to the left  
3 Step left with right foot making a quarter turn to the left (weight on right-now facing 6 o'clock)

## SIDE TRIPLE

- 4 Step side left with left foot  
& Step right foot next to left foot  
1 Step side left with left foot again

## QUARTER TURN, ROCK STEP

- 2 Pivoting on left foot  $\frac{1}{4}$  turn left while rocking forward on right foot (now facing 3 o'clock)  
3 Step (shift weight onto) left foot

## QUARTER TURN, SIDE TRIPLE

- 4 Pivoting on left foot  $\frac{1}{4}$  turn right stepping to the side with right foot (facing 6 o'clock)  
& Step left foot next to right foot  
1 Step side right with right foot

## $\frac{1}{4}$ TURN, WALK, WALK

- 2 Pivoting on right foot  $\frac{1}{4}$  turn right step forward with left foot  
3 Step forward with right foot

## STEP, LOCK, STEP

- 4 Step forward with left foot  
& Step (lock) right foot behind left foot  
1 Step forward with left foot

## ROCK STEP

- 2 Step (rock) onto right foot  
3 Shift weight onto left foot

## BACKWARDS STEP, LOCK, STEP

- 4 Step back with right foot  
& Step (lock) back with left foot  
1 Step back with right foot

## WALK BACK, FEET TOGETHER

- 2 Step back with left foot

3 Place right foot next to left foot

**OUT, OUT, DRAG**

4 Step slightly to left side with left foot  
& Step slightly to the right (weight on right)  
1 Drag left foot to right foot

**TOUCH OUT, DRAG**

2 Touch left toe out to left side  
3 Drag left foot to right foot

**FORWARD, BACK, TOGETHER (SYNCOPATED ROCK)**

4 Step (rock) forward with left foot  
& Rock onto right foot  
1 Place left foot next to right (weight on left)

**FORWARD, BACK, TOGETHER (SYNCOPATED ROCK)**

2 Step (rock) forward with right foot  
& Rock onto left foot  
3 Place right foot next to left (weight on right)  
4 Clap

**REPEAT**

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