

Nothin' Stays The Same

Compte: 56

Mur: 4

Niveau: Intermediate

Chorégraphe: Geri Morrison (UK)

Musique: Used to the Pain - Keith Urban



STEP, KICK, TOUCH, REVERSE PIVOT ½ TURN LEFT, STEP, PIVOT ½ TURN LEFT, RIGHT SHUFFLE FORWARD

- 1-2 Step forward on right, kick left forward
- 3-4 Touch left toe back, make ½ turn left - taking weight on left
- 5-6 Step forward on right, pivot ½ turn left
- 7&8 Right shuffle forward stepping right, left, right (12:00)

STEP, KICK, TOUCH, REVERSE PIVOT ½ TURN RIGHT, STEP, PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD

- 1-2 Step forward on left, kick right forward
- 3-4 Touch right toe back, make ½ turn right - taking weight on right
- 5-6 Step forward on left, pivot ½ turn right
- 7&8 Left shuffle forward stepping left, right, left, (12:00)

CROSS, BACK, BACK ROCK, RECOVER, 2 X ¼ TURNS LEFT, RIGHT KICK-BALL-CHANGE

- 1-2 Cross step right over left, step back on left
- 3-4 Rock back on right, recover weight on left
- 5-6 Make a ¼ turn left stepping back on right, make a ¼ turn left stepping left to left side
- 7&8 Kick right forward, step ball of right beside left, step left in place, (6:00)

Restart from here on wall 4

FULL TURN LEFT (TRAVELING FORWARD), STEP, TOUCH, BACK, TOUCH, RIGHT SHUFFLE FORWARD

- 1-2 Make a ½ turn left stepping back on right, make a ½ turn left stepping forward on left
- 3-4 Step forward on right, touch left behind right
- 5-6 Step back on left, touch right in front of left
- 7&8 Right shuffle forward stepping right, left, right, (6:00)

¼ TURN LEFT, HOLD, BACK ROCK, RECOVER, ROLLING VINE FULL TURN RIGHT CROSS

- 1-2 Make a ¼ turn right stepping left to left side, hold, (9:00)
- 3-4 Rock back on right, recover weight on left
- 5-6 Step right ¼ turn right, step back on left making ½ turn right
- 7-8 Step right to right side making ¼ turn right, cross step left over right, (9:00)

Easier option:

- 5-7 Grapevine right
- 8 Cross step left over right

SIDE RIGHT, SLIDE, BACK ROCK, RECOVER, CHASSE LEFT, BACK ROCK, RECOVER

- 1-2 Step right to right side, slide left up to right (weight on right)
- 3-4 Rock back on left, recover weight on right
- 5&6 Step left to left side, close right beside left, step left to left side
- 7-8 Rock back on right, recover weight on left

MONTEREY ½ TURN RIGHT, ROCKING CHAIR

- 1-2 Point right to right side, make ½ turn right stepping right beside left
- 3-4 Point left to left side, step left beside right
- 5-6 Rock forward on right, recover weight on left

7-8 Rock back on right, recover weight on left, (3:00)

REPEAT

RESTART

During the 4th wall, dance to count 24, then start the dance again from the beginning. You will be facing 3:00 wall
