

Nothin To Lose

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Nancy Morgan (USA)

Musique: Nothin' to Lose - Josh Gracin



SWIVEL RIGHT, SWIVEL LEFT, KICK-BALL-CHANGE, STEP TO SIDE, STEP LEFT NEXT TO RIGHT

- 1&2 Swivel right heel to right, then toes, then heels
- 3&4 Swivel left heel to left, then toes, then heels
- 5&6 Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right
- 7-8 Step right to right side, step left next to right

SWIVEL LEFT, SWIVEL RIGHT, KICK-BALL-CHANGE, STEP FORWARD, SLIDE RIGHT INSTEP TO LEFT HEEL

- 1&2 Swivel left heel to left, then toes, then heels
- 3&4 Swivel right heel to right, then toes, then heels
- 5&6 Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right
- 7-8 Step forward on right, slide left instep to right heel

BOUNCE FORWARD ON HIP, BACK ON HIP, ROLL HIPS TWICE

- 1-2 Bounce two times on right hip
- 3-4 Bounce two times on left hip
- 5-6 Roll hips from front to back in a circle (wash the bowl!)
- 7-8 Roll hips from front to back in a circle (wash the bowl!)

SHUFFLE FORWARD, ¼ TURN, SHUFFLE FORWARD, ROCK FORWARD AND BACK

- 1&2 Shuffle forward - right, left, right
- 3-4 Step left foot forward, pivot ¼ turn to right (weight is on right)
- 5&6 Shuffle forward - left, right, left
- 7&8 Rock-step forward on right and back on left, put right next to left (weight ends on right)

REPEAT
