

Alotta Nada!!!

Compte: 32

Mur: 4

Niveau:

Chorégraphe: Lynn Pistello (USA)

Musique: 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
