

Nothin' In It

拍数: 32 墙数: 4 级数: Improver
编舞者: Rep Ghazali (SCO) - April 2015
音乐: Back of My Mind (feat. Rai Thistlethwayte) - Jamie McDell



#16 count intro start on vocals

[01-08] SKATE L & R, L SHUFFLE FWD, R FWD MAMBO, L SIDE ROCK ¼ TURN-RECOVER R

1-2 skate forward Left, skate forward Right
3&4 step forward Left, step Right together, step forward Left
5&6 rock forward Right, recover on Left, step back Right
7-8 ¼ turn Left rock Left to Left side, recover on Right (9)

[09-16] L BEHIND-SIDE-CROSS, R CROSS POINT-R SIDE POINT, R BEHIND-SIDE-CROSS, L SIDE ROCK-R RECOVER ¼ TURN R,

1&2 step Left behind Right, step Right to Right side, cross Left over Right
3-4 point Right across Left, point Right to Right side
5&6 step Right behind Left, step Left to Left side, cross Right over Left
7-8 rock Left to Left side, ¼ turn Right recover on Right (12)

Restart: 4th wall – restart facing 9 o'clock wall

[17-24] L FWD-HOLD, L BALL STEP-SWEEP R, R CROSS-L BACK, R ¼ SHUFFLE

1-2 step forward Left, hold
&3-4 step Right beside Left, step forward Left, sweep on Right from back to front
5-6 cross Right over Left, step back Left
7&8 step Right to Right side, step Left together, ¼ turn Right stepping forward on Right (3)

[25-32] L FWD-½ PIVOT, L SHUFFLE FWD, R SHUFFLE ½ TURN, L ROCK BACK-RECOVER

1-2 step forward Left, ½ pivot turn Right (9)
3&4 step forward Left, step Right together, step forward Left
Optional ending: 11th wall (3 o'clock) then add Right shuffle forward & Left rocking chair
5&6 ½ turn Left by stepping back on Right, step Left together, step back Right (3)
7-8 rock back Left, recover on Right (3)

Restart: 4th wall (9 o'clock Wall) – dance up to count 16 & Restart facing 9 o'clock wall

Optional ending: 11th wall (3 o'clock Wall) – dance up to count 28 then add Right shuffle forward to face the front and Left rocking chair...ta da!