

Nervous

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kerry Maus (USA) - September 2018
音乐: Nervous - Shawn Mendes : (iTunes)



Intro: 8 cts

[1-8] SIDE, TOGETHER, TOGETHER, SIDE, BEHIND, SIDE, CROSS ROCK, SIDE ROCK, CROSS ROCK, RECOVER

1,2&3 1) Step R to right, 2) step L beside R, &) step R beside L, 3) step L to left
4&5& 4) Cross R behind L, &) step L to left, 5) cross rock R over L, &) recover L
6&7,8 6) Rock R to R, &) recover L, 7) cross rock R over L, 8) recover L

[9-16] ¼, HOLD, ½ PIVOT, HOLD, ½ PIVOT, ¼ PIVOT

1,2,3,4 1) Turn ¼ right, step R fwd, 2) hold, 3) step L fwd, 4) pivot ½ right, weight to R [3:00]
5,6 5) Step L fwd, 6) hold
&7&8 (&) Step R fwd, 7) pivot ½ left, &) step R fwd, 8) pivot ¼ left [12:00]

[17-24] CROSS, ROCK, RECOVER, BEHIND, SIDE CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS

1,2,3 1) Cross R over L, 2) rock L fwd/diagonal, 3) recover R
4&5,6,7 4) Cross L behind R, &) step R to right, 5) cross L over R, 6) rock R fwd/diagonal, 7) recover L
8& 8) Cross R behind L, &) turn ¼ left, step L to left [9:00]

[25-32] CAMEL WALK AROUND ½ TURN, KICK, CROSS, SIDE, DRAG, BALL, CROSS

1,2,3,4 1) Step R fwd, turn 1/8 left, 2) step L fwd, turn 1/8 left, 3) step R fwd, turn 1/8 left, 4) step L fwd, turn 1/8 left
5&6,7 5) Kick R fwd, &) Cross R over L, 6) big step L to left, drag R, 7) hold
&8 (&) Step R beside L, 8) cross L over R [3:00]

Have fun and DANCE HAPPY!

Special thanks to Jo Thompson-Szymanski for help with this dance
Contact: Kerrymausdance@gmail.com

Last Update - 26 July 2019