

Nobody

拍数: 64 墙数: 1 级数: Improver
编舞者: Roberta Mason (USA) - March 2022
音乐: Nobody - Skip Martin : (amazon.com)



Intro: Start on vocals. (no tags or restarts)

- S1: Sailor Right. Sailor Left. Sailor Right. Sailor Left.
1&2 Right sailor (step right, left behind right, step right)
3&4 Left sailor (step left, right behind left, step left)
5&6 Right sailor (step right, left behind right, step right)
7&8 Left sailor (step left, right behind left, step right)
- S2: Hop Forward. Hip Swings Right, Left, Right, Left. Hop Back. Repeat Hip Swings.
& Hop up on both feet on "and"
1, 2, 3, 4 Swing hips right, left, right, left
& Hop back on both feet on "and"
5, 6, 7, 8 Swing hips right, left, right, left
- S3: Alternating Kick Stomps (2). Stomp and Clap. Hip Pushes Forward (twice), Back (twice).
1& Kick right and step down on right
2& Kick left and step down on left
3, 4 Stomp forward on right and clap/hold
5& Step forward on right push hip forward and back
6& Step forward on right push hip forward and back
7& Step backward on left push hip back and forward
8& Step backward on left push hip back and forward
- S4: Walk (2 Steps). Half Turn Right. Walk (2 Steps). Quarter Turn Right.
1 2 3 4 Walk Fwd. R, HOLD. Walk Fwd. L, HOLD, 1/2 turn right. (weight on L) (6:00)
5 6 7 8 Walk Fwd. R, HOLD. Walk Fwd. L, HOLD, 1/4 turn right. (weight on L) (9:00)
- S5: Jazz Box 1/4 Turn Right. Jazz Box in Place.
1, 2, 3, 4 Right foot start jazz box (cross right over left, step back on left, step right, left foot beside right) quarter turn right (12:00)
5, 6, 7, 8 Right foot 2nd jazz box (cross right over left, step back on left, step right, left foot beside right) in place
- S6: Cha Cha Cha (R, L, R) Walk. Step on Left. 1/2 Turn Right. Repeat.
1&2 Walk forward right, left, right
3, 4 Step on left, turning right
5&6 Walk forward left, right, left
7, 8 Step on right, turning left
- S7: Grapevines Right and Left.
1, 2, 3, 4 Grapevine to right stepping side on right, step left behind, step right side, step left together with clap
5, 6, 7, 8 Grapevine to left stepping side on left, step right behind, step left side, step right together with clap
- S8: Hip Bumps Right. Hip Bumps Left.
1, 2, 3, 4 Step to right, weight on right, hand on right hip, bump hips right, left, right, left

5, 6, 7, 8

Shift weight to left, hand on left hip, bump hips left, right, left, right
