

# Nothing for Nothing

拍数: 44      墙数: 4      级数: Novice  
编舞者: Laurent Chalon (BEL) - May 2023  
音乐: Nothing from Nothing - Billy Preston



## Pas de tag – Pas de restart

### Section 1: Prissy Walks R L, Step Lock Step, Rock Fwd, ½ Turn L, ¼ turn L

1-2            Cross R over L, Cross L over R 12:00  
3&4           Step R forward, Lock L behind R, Step R forward  
5-6           Rock forward on L, Recover onto R  
7-8           ½ turn left and step L forward, ¼ turn left and step R to the right 03:00

### Section 2: Sailor Step, Behind, Side, Cross, Side, Rock Back, ¼ Turn L, ¼ Turn L

1&2           Sailor Step L  
3&4&          Step R behind L, Step L to the left, Cross R over L, Step L to the left  
5-6           Cross Rock R behind L, recover on L  
7-8           ¼ turn left and step R back, ¼ turn left and step L to the left 09:00

### Section 3: Cross Mambo, Cross, Side, Behind+Sweep, Behind, Side, Cross Shuffle

1&2           Cross R over L, Recover onto L, Step R to right  
3&4           Cross L over R, Step R to right, Cross L behind R + Sweep R from front to back  
5-6           Step R behind L, Step L to left  
7&8           Cross R over L, Step L to left, Cross R over L

### Section 4: ½ turn L & Cross Shuffle, Side, Touch, ¼ turn L Step Fwd

1&2           ½ turn left and cross L over R, Step R to right, Cross L over R 03:00  
3&4           Step R to right, Touch L beside R, ¼ turn left and step L forward 12:00

**Note : section 4 only has 4 counts**

### Section 5: Walk, Walk, Step, Pivot ½ Turn L, Step, Walk, Walk, Side Rock ¼ turn R, Step fwd

1-2           Step R forward, Step L forward  
3&4           Step R forward, Pivot ½ turn to the left, Step R forward 06:00  
5-6           Step L forward, Step R forward  
7&8           Step L to left, Recover onto R with ¼ turn to the right, Step L forward 09:00

### Section 6: Sweep Fwd, Touch Fwd, Sweep back, Touch Back, Coaster Step, Side Point, Touch, Side Point, Flick, Kick Ball Change

1-2           Sweep R from back to front and point R forward, Sweep R from front to back and step R back  
3&4           Step L back, Step R next to L, Step L forward  
5&6&          Point R to right, Touch R next to L, Point R to right, Flick R  
7&8           Kick R, Step R next to L, Step L forward

Bonne danse...

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