

Nervous

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Romain Brasme (FR) & Marlon Ronkes (NL) - May 2024
音乐: Nervous (Acoustic version) - Gavin James



Intro: 16 Counts, Start at approx 13 secs

Start facing 10:30 with right toe pointed forward

SEC 1 Side Arabesque, Weave, Out, Out, Prep, Full Spiral Turn Sweep, ¼ Weave Full Spiral

1 Step right to right lifting left leg to left

Arms Swing right arm in circle to right

2&3 Step left behind right, step right to right, cross left over right

4& Step right to right, step left to left

Arms Place right arm up to right diagonal, place left arm up to left diagonal

5 Prep body to left

6-7 Spiral full turn right sweeping right from front to back

Restart here on wall 6 : Hold 1 count then dance tag 3 before restarting

8&1 Step right behind left, turn ¼ left step left forward, step right forward spiralling full turn left (9:00)

SEC 2 Run, Run, Rock, Back, Back Sweep, Back Sweep, ¼ Side, Hold

2& Step left forward, step right forward

3-4& Rock left forward, recover weight onto right, step left back

5-6 Step right back sweeping left from front to back, step left back sweeping right from front to back

7-8 Turn ¼ right step right to right, hold (12:00)

SEC 3 ¼ Step, Step, ½ Pivot, Step, Step, ½ Pivot, ¼ Side, ¼ Step, ¼ Side, ¼ Step, ½ Back

1 Turn ¼ left step left forward (9:00)

2&3 Step right forward, pivot ½ left transferring weight on to left, step right forward (3:00)

4&5 Step left forward, pivot ½ right transferring weight on to right, turn ¼ right step left to left (12:00)

6-7 Turn ¼ right step right forward, turn ¼ right step left to left (6:00)

8& Turn ¼ right step right forward, turn ½ right step left back (3:00)

SEC 4 ¼ Nightclub Basic, Side Hitch, Cross, ¼ Step Sweep, ½ Hitch, Touch Back, Drag

1-2& Turn ¼ right step right to right, step left beside right, cross right over left (6:00)

3-4 Step left to left hitching right knee, cross right over left

5-6 Turn ¼ left step left forward sweeping right from back to front, turn ½ left hitch right knee (9:00)

7-8 Touch right back, drag right towards left

Tag 1 At the end of wall 2

Arm Movements

1-2 Make half a heart with right hand in front of chest, finish heart with left hand

3-4 Push arms forward over 2 counts

5-6 Open arms to the side over 2 counts

7-8 Drop arms down over 2 counts

Tag 2 At the end of wall 4

Arm Movements

1-2 Push right hand forward, push left hand forward

3-4 Place right hand on chest, place left hand on right hand

Tag 3 After 8 counts of wall 6

Hold x2, Back x3, Together, Arm Lower

1-2 Hold for 2 counts

3-4 Step right back, step left back

5-6 Step right back, step left beside right

Arms On counts 3-6 slowly push right arm forward

7-10 Slowly lower right arm

Last Update: 25 May 2024
