

# Nada 'nuff

拍数: 32      墙数: 4      级数: Improver  
编舞者: Janet Wilson (USA)  
音乐: Little Bit Is Better Than Nada - Texas Tornados



## SIDE TOUCHES, BODY ROLL, CROSS/ROCK STEP, FULL 3-STEP TURN RIGHT

- 1            Touch right toe out to right side
- &           Step on right foot next to left
- 2            Touch left toe out to left side
- 3-4         2-count hip circle: back, right, forward, then shifting full weight to left foot
- 5            Rock forward onto right foot, crossing over left
- 6            Return weight to left foot
- 7            Step backward onto left foot
- &            Turn ½ turn right
- 8            Step forward onto right foot

## CROSS/ROCK STEP, TRIPLE LEFT, KICK, ¼ TURN RIGHT/STEP, SLIDE LEFT

- 9            Rock forward onto left foot, crossing over right
- 10           Return weight to right foot
- 11&12       Triple step to the left side left, right, left
- 13           Kick right foot forward
- 14           Turning ¼ turn right, step to the right on right foot (take a little bit wider step than shoulder width apart)
- 15-16       Keeping weight on right foot, slide left foot over toward right for two counts

## ROCK STEP, COASTER STEP, ROCK STEPS

- 17           Rock forward onto left foot
- 18           Return weight to right foot
- 19           Step backward onto left foot
- &            Step right foot next to left
- 20           Step forward onto left foot
- 21           Rock forward onto right foot
- 22           Return weight to left foot
- 23           Rock backward onto right foot
- 24           Return weight to left foot

## TRIPLE FORWARD, ROCK STEP, TRIPLE BACKWARD, ROCK STEP

- 25&26       Triple step forward right, left, right
- 27           Rock forward onto left foot
- 28           Return weight to right foot
- 29&30       Triple step backward left, right, left
- 31           Rock backward onto right foot
- 32           Return weight to left foot

**REPEAT**

---