

Nada

拍数: 40 墙数: 2 级数: Advanced
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音乐: Little Bit Is Better Than Nada - Texas Tornados



LEFT AND RIGHT SIDE BREAK

1&2 Step left foot to left; step right foot in place; step left beside right
& Hold
3&4 Step right foot to right; step left foot in place; step right beside left
& Hold
5&6 Cross-step left over right; step right foot back; step left beside right
& Hold
7&8 Step slightly forward onto right heel with toe turned in; grind right heel from left to right shifting weight to left; step right foot beside left.

STEP OFF; ¼ TURN TO THE RIGHT; SCUFF

9-10 Step left foot to left; brush right foot up and across left
11-12 Step right foot to right; brush left foot up and across right
13-14 Step left foot to left; brush right foot up and across left
15-16 Step right foot to right; scuff left next to right while turning ¼ right

HEEL DIG; COASTER STEP

17-18 Step left heel forward with toe pointed right; rock-step back on right while turning left toe to left
19&20 Step left foot beside right; step right foot back; step left foot forward
21-22 Step right heel forward with toe pointed left; rock-step back on left while turning right toe to right
23&24 Step right foot beside left; step left foot back; step right foot forward.

SIDE STEP (LATIN MOTION); GUMBY BREAK

25-26 Step left foot to left; step right beside left
27&28 Step left foot to left; step right beside left; step left foot to left (while executing this movement, lift hands to chest level with elbows up and out, and sway with steps).
& Raise right foot up slightly beside left
29-30 Step right foot diagonally and slightly to right; step left diagonally and slightly left (raise left foot slightly beside right before executing count 30 while starting ¼ turn right).
31&32 Step right foot diagonally and slightly to right; step left foot diagonally and slightly to left; step left foot diagonally and slightly to right completing ¼ turn right (slightly raise non-weighted foot before executing steps 31&32)

REGGAE CHOP

33-34 Step left foot diagonally and slightly left thrusting left hip diagonally at same time; step right foot diagonally and slightly right thrusting right hip diagonally at same time
35&36 Step left foot diagonally and slightly left thrusting left hip; thrust right hip back; thrust left hip diagonally to left
37-38 Step right foot diagonally and slightly right thrusting right hip; step left foot diagonally and slightly left thrusting left hip
39&40 Step right foot diagonally and slightly right thrusting right hip; thrust left hip back; thrust right hip diagonally right.

REPEAT

