

No, Sorry, Nothin'!

拍数: 32 墙数: 2 级数: Intermediate
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音乐: My Give a Damn's Busted - Joe Diffie



HEEL HEEL, BEHIND AND CROSS, HEEL HEEL, BEHIND AND CROSS

1-2 Touch right heel to right diagonal, touch right heel to right diagonal
3&4 Step right foot behind left, step left foot to left side, step right foot in front of left
5-6 Touch left heel to left diagonal, touch left heel to left diagonal
7&8 Step left foot behind right, step right foot to right side, step left foot in front of right

¼ TURN ¼ TURN HITCH, SHUFFLE LEFT, HINGE TURN LEFT HOLD, HIPS

1-2 Turn ¼ right stepping forward on right foot, turn ¼ right on right foot hitching left foot beside right calf
3&4 Step left foot to left, step right beside left, step left foot to left
5 Turn ½ left (on ball of left foot) stepping right foot to right

This sets you in a posed position with the right leg straight and the left knee popped. Optional arms: bring arms toward center, up, out, and down in circular motion. End with flexed wrists, palms facing floor

6 Hold in the posed position
&7 Push right hip left & up, drop right hip to centered position
&8 Push right hip left & up, drop right hip to centered position

Optional shoulders:

&7 Lift right shoulder, drop right shoulder
&8 Lift right shoulder, drop right shoulder

Other shoulder will automatically move in opposition - don't think about it!

ROCK RETURN, ½ TURN SHUFFLE, ROCK RETURN, COASTER STEP

1-2 Step forward on left foot, return weight to right foot
3&4 Turn ¼ left stepping left foot to left, step right foot beside left, turn ¼ left stepping forward on left foot
5-6 Step forward on right foot, return weight to left foot
7&8 Step back on right foot, step left beside right, step right foot forward

HEEL STEP SIDE CROSS BACK, HEEL SYNCOPATED VINE

1-4 Touch left heel forward, step left foot left, cross right over left, step back on left foot
5& Touch right heel on slight right diagonal, step right foot slightly back
6& Step left in front of right, step right foot side right
7&8 Step left foot behind right, step right foot side right, step left foot in front of right

REPEAT

On wall 3, change counts 13-16 to the following:

5 Turn ½ left (on ball of left foot) stepping right foot to right

This sets you in a posed position with the right leg straight and the left knee popped. Optional arms: bring arms toward center, up, out, and down in circular motion. End with flexed wrists, palms facing floor

6-8 Hold in the posed position

The words are: "no, sorry, nothin"

6 No: bend elbows, palms face up
7 Sorry: turn palms towards audience, lifting forearms
8 Nothin': flex wrists in disgust

Of course you are free to do whatever you want to display your "busted attitude"

On wall 6, change counts 13-16 to the following:

5 Same count 5 as above

6-7-8

Don't try to count 6-8. The words are slang for nope. Listen to the words. Spelling is not in dictionary. Shake your head "no" two times. You'll get it when you hear the song
