

Nothing I Can Do

拍数: 48
编舞者: Lizzie Clarke (SCO) & Friend
音乐: Nothing I Can Do - Brushwood

墙数: 4

级数: Intermediate west coast swing



WALK, WALK, ANCHOR STEP, FULL TURN POINT & POINT, ¼ TURN POINT

- 1-2-3&4 Walk forward right, left, step right behind left & recover left, step right behind left (triple in place)
- 5&6 Step back left turn ½ turn left, step forward right turn ½ turn left & step right beside left & point left toe to left side (or do a left coaster step with a left point to the side)
- &7&8& Step left beside right & point right toe to right side & step right beside left & turn ¼ turn right & point left toe to left side

& CROSS & HEEL & CHANGE TO A KICK & CHANGE TO A KICK & CROSS ¼ LEFT, HEEL

- &1&2& Step left beside right, cross step right over left & step left back, touch right heel diagonally forward right
- &3&4& Step right beside left, step left across right, step right to side & kick left foot diagonally left
- &5&6& Step left beside right, step right across left, step left to side & kick right foot diagonally right
- &7&8& Step right beside left, step left across right, step back on right turning ¼ turn left & touch left heel diagonally forward left

LEFT COASTER STEP, SIDE ROCK RECOVER CROSS, ½ MONTEREY LEFT, OUT, OUT, IN, IN

- 1&2 Step back on left & step right beside left, step forward left
- 3&4 Rock onto right side & recover left to side, cross step right over left
- 5-6 Point left to side, turning ½ turn left, step left beside right
- 7&8& Step right foot out to right & step left foot out to left, step right foot in & step left foot beside right

TURN ¼ RIGHT, WALK, WALK, PRESS, RECOVER, LOCK STEP BACK, TURN ½, TURN ¼

- 1-2-3-4 Turning ¼ right walk forward right, left, press forward right, recover back left
- 5&6 Step back right & cross step left over right, step back right
- 7-8 Step back on left turn ½ turn left, step forward on right turn ¼ turn left

Restart here on walls 3 & 6 (after ½ turn, hold for 1 count, then restart)

STEP SIDE, CROSS, TURN ¼, TURN ¼, CROSS ROCK RECOVER, ¼ SAILOR STEP

- 1-2-3-4 Step left side, cross step right over left, step back left turning ¼ right, step right to side while turning ¼ turn right
- 5-6-7&8 Cross rock left over right, recover back right, turn ¼ left step left behind right & step right side, step left forward

STEP TURN ½, BACK, ANCHOR STEP, STEP TURN ½, BACK ANCHOR STEP

- 1-2 Step forward right, spin ½ turn right, step back left
- 3&4 Step right behind left & recover left, step right behind left (triple in place)
- 5-6 Step forward left, spin ½ turn left, step back right
- 7&8 Step left behind right & recover right, step left behind right (triple in place)

REPEAT

Thanks to Brushwood for letting me hear this piece of music. Thanks Guys xxx