

Nothin' To Lose

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lyn Booth (AUS)
音乐: Nothin' to Lose - Josh Gracin



CROSS SHUFFLE RIGHT OVER LEFT DIAGONAL LEFT, TOUCH LEFT HEEL DIAGONAL LEFT, REPEAT - RIGHT DIAGONAL

- 1&2&3-4 (Cross shuffle traveling left diagonal) cross step right over left: right, left, right, left, right, touch left heel to diagonal left
- 5&6&7-8 (Cross shuffle traveling right diagonal) cross step left over right: left, right, left, right, left, touch right heel to diagonal right

RIGHT SAILOR ½ TURN RIGHT, STEP LEFT FORWARD, PIVOT ½ RIGHT, ROCK FORWARD-REPLACE, TURNING 1 ½ TO LEFT, TRIPLE STEP RIGHT, LEFT, RIGHT TRAVELING FORWARD

- 1&2-3-4 Step right behind left turning ½ right, step left and right to side, step left forward, pivot ½ right
- 5-6-7&8 Rock forward left, replace right, turning 1 ½ to left triple step right, left, right, traveling forward (6:00)

LOCK STEP RIGHT DIAGONAL, SCUFF LEFT, LEFT LOCK STEP LEFT DIAGONAL, SCUFF LEFT

- 1&2&3-4 Step right to right diagonal, step left lock to right heel, step diagonal right, lock left to right heel, step diagonal right, scuff left
- 5&6&7-8 Step left to left diagonal, step right lock to left heel, step diagonal, left, lock right to left heel, step diagonal left, scuff right

CROSS-BACK-HEEL ¼ RIGHT TURN, STEP RIGHT, SHUFFLE FORWARD LEFT, ROCK-REPLACE ¼ TURN LEFT, STEP RIGHT ½ PIVOT LEFT

- 1&2& Cross right over left, turning ¼ to right - step back left & touch right heel forward right, step onto right(&)
- 3&4 Shuffle forward left, right, left (9:00)
- 5-6-7-8 Step right to right side, ¼ turn to left on left, step forward on right, pivot ½ turn to left, replace weight on left (12)

CROSS RIGHT & LEFT SAMBA ¼ TURN LEFT, FORWARD RIGHT LOCK STEP, STEP LEFT ½ PIVOT RIGHT

- 1&2-3&4 Cross right over left, rock left to left, replace rock right, cross rock left over right, turn ¼ left & step right, left
- 5-6&7-8 Step right forward, lock left to right heel, step right forward(&), step left forward ½ pivot right, replace weight right

FORWARD LEFT LOCK STEP, STEP RIGHT PIVOT ½ LEFT, RIGHT HEEL-BALL-CROSS, MONTEREY ½ RIGHT

- 1-2&3-4 Step left forward, lock right to left heel, step left forward(&), step forward right ½ pivot left
- 5&6-7-8 Right heel diagonal right, step back on right, cross left over right, touch right to right, ½ turn to right, step right together

LEFT HEEL, BACK, CROSS, TOUCH LEFT TURN ¾ MONTEREY LEFT, STOMP RIGHT, HOLD, LEFT, RIGHT, SCUFF LEFT

- 1&2-3-4 Left heel diagonal left, step left back (&), step right across left, touch left to left, ¾ turn to left on ball of right (weight left)
- 5-6&7-8 Stop right, hold, step left beside right (&), step forward right, scuff left forward

Restart goes here on wall 2

DIG LEFT HEEL FORWARD, REPLACE WEIGHT ON RIGHT, ROCK BACK ON LEFT, RIGHT, SCUFF LEFT, STEP GRADUAL FULL TURN TO LEFT (CIRCULAR MOTION): LEFT, RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT

1-2-3&4 Dig left heel forward, replace weight on right, rock back on left (&), step replace weight right, scuff left

5&6&7&8 (Turning a gradual full turn to left) step left slightly forward while turning, step right behind left, step left slightly forward while turning, step right behind left, step left slightly forward while turning, step right behind left, step left slightly forward to complete the full turn to face the new wall

REPEAT

RESTART

On 2nd wall, dance to count 55 and step left beside right on count 56 (instead of scuff). Weight on left ready to restart

TO FINISH

Dance to count 31. Step forward right & half turn to left, step left together
