

Nothing To Lose

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
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音乐: Nothin' to Lose - Josh Gracin



SYNCOPATED VINE TO RIGHT, CROSS UNWIND, STOMPS (2 X)

1 Kick right foot forward
& Step to right on right foot
2 Cross left in front of right stepping weight down on left
& Step right to right side
3 Cross left behind right, stepping weight down on left
& Step right to right side
4 Cross left in front of right, stepping weight down on left
& Step right to right side putting weight on right
5 Kick left heel to left front diagonal keeping weight on right
& Step left home putting weight on left
6 Cross right in front of left with weight on right
7 Unwind ½ turn to left with weight transferring to left
& Stomp right foot
8 Stomp left foot
9-16 Repeat the above steps again

KICKS, KICK BALL TOUCHES

& Step back on right foot
1 Kick left out to front at diagonal
& Step left back home
2 Cross right over left
& Step back on left foot
3 Kick right out to front at diagonal
& Step right back home
4 Cross left over right
5 Kick right forward
& Step on ball on right foot
6 Touch left foot next to right
7 Kick left forward
& Step on ball on left foot
8 Touch right foot next to left

MAMBO STEPS, PUSHES ¾ TURN

1 Step weight forward on right
& Step weight home on left
2 Step weight down on right
3 Step weight back on left
& Step weight home on right
4 Step weight down on left
5 Weight stays on left - push with right turning to nearest corner toward left
6 Weight stays on left - push with right turning to nearest corner toward left
7 Weight stays on left - push with right turning to nearest corner toward left
8 Weight stays on left - push to nearest wall toward left

Counts 5-8 is a ¾ turn to the left

REPEAT
