Nothin' To Lose



拍数: 40 墙数: 4 级数: Improver

编舞者: Dan Neilson (USA)

音乐: Nothin' to Lose - Josh Gracin



RIGHT STOMP, RIGHT KICK, RIGHT & LEFT SAILOR STEP, STOMP RIGHT & LEFT

1-2	Stomp right foot in place, kick right foot out to right side	è
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Cross right foot behind left, rock left to left side, step right to right side
Cross left foot behind right, rock right to right side, step left to left side

7-8 Stomp right foot in place, stomp left foot in place

SWIVEL HEELS WITH ¼ TURN LEFT, SHUFFLE, KICK TURNS ½ TURN LEFT, START JAZZ SQUARE

1-2	Swivel both heels to the rigi	ht twice endina	with a ¼ turn to the left

3&4 Shuffle forward, left, right, left

5-6 Kick right foot forward and spin a ¼ turn to the left on left foot, repeat

7-8 Cross right foot in front of left, step back on left foot

FINISH JAZZ SQUARE WITH A HITCH, STOMPS, APPLE JACK, SHUFFLE

1-2 Step right foot to right side, hitch left knee up3-4 Stomp left foot in place, stomp right foot in place

With weight on right toe and left heel, swivel right heel and left toe to the left creating a V

& Return feet to center

6 Change weight to right heel and left toe, swivel right toe and left heel to the right creating a V

7&8 Shuffle forward right, left, right

SHUFFLE, KICK TURN KICK, COASTER STEP, SHUFFLE

1&2 Shuffle forward left, right, left

Kick right foot forward, spin ½ turn to the left on left foot, kick right foot forward

Step back on right foot, step back on left foot to meet right, step forward on right foot

7&8 Shuffle forward left, right, left

SHUFFLES WITH 1/2 TURNS, JAZZ SQUARE WITH A STOMP

1&2	Shuffle forward right, left, right with a ½ turn to the left
3&4	Shuffle forward left, right, left with a ½ turn to the left
5-6	Cross right foot in front of left, step back on left foot
7-8	Step right foot to right side, stomp left foot in place

REPEAT