

Nothin' To Lose

COPPER KNOB
STEPSHEETS

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
3&4 Cross right foot behind left, rock left to left side, step right to right side
5&6 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 right twice ending 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 up
3-4 Stomp left foot in place, stomp right foot in place
5 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
3&4 Kick right foot forward, spin ½ turn to the left on left foot, kick right foot forward
5&6 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 ½ 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
