

# Nothin' 2 Lose

COPPERKNOB  
BY STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate quickstep  
编舞者: Michael Diven (USA)  
音乐: Nothin' to Lose - Josh Gracin



## SIDE ROCK, SYNCOPATED VINE WITH ¼ TURN LEFT, ROCK, RECOVER, LEFT SHUFFLE WITH ½ TURN

1-2            Side rock to right, recover weight to left  
3&4           Syncopated grapevine left cross right behind left, step left, cross right over left with ¼ turn left  
5-6            Rock forward on left, recover right  
7&8            Left shuffle with ½ turn left

## ROCK, RECOVER, QUICK ROCK, STEP, ½ TURN RIGHT, STEP, ½ TURN LEFT

1-2            Rock forward on right, recover on left  
3&4            Quick rock forward on right, back on left, forward on right  
5-6            Step forward on left foot with ½ turn right (weight on right foot)  
7-8            Step forward on left foot with ½ turn left, hitching right foot

## STEP BACK, ½ TURN, STEP FORWARD, TOUCH RIGHT, SYNCOPATED VINE LEFT, SIDE ROCK, RECOVER

1-2            Step back on right foot with ½ turn left, hitching left foot  
3-4            Step forward on left foot, hitch right foot, touch right toe forward  
5&6            Syncopated grapevine to the left, cross right behind then over left  
7-8            Side rock left, recover to right foot

## SYNCOPATED RIGHT VINE WITH ¼ TURN RIGHT, TOUCH, HOLD, SCOOT BACK X 4

1&2            Syncopated vine right, cross left behind right, side right, cross left over right with ¼ turn right  
3-4            Touch right toe forward, hold  
5&            Step back on right, scoot back hitching left foot  
6&            Step back on left, scoot back hitching right foot  
7&            Step back on right, scoot back hitching left foot  
8&            Step back on left, scoot back hitching right foot

## ROCK, RECOVER, QUICK ROCK, LEFT SHUFFLE FORWARD, STEP WITH ¼ TURN LEFT

1-2            Step back on right (rock), recover weight to left  
3&4            Quick rock back right, left, right  
5&6            Left shuffle forward  
7-8            Step forward on right foot with a ¼ turn to left (weight on right foot), hold

## SYNCOPATED VINE RIGHT, TOUCH RIGHT, CROSS, ¾ UNWIND (BOUNCE 3 X), LEFT COASTER

1&2            Syncopated vine right, cross left behind right, step right, cross left over right  
3-4            Touch right foot to right side, cross over left foot  
5&6            Bounce on the balls of feet (3 times) while turning ¾ turn to left (weight on right foot)  
7&8            Left coaster step

## ROCK, RECOVER, SYNCOPATED VINE LEFT, ¾ UNWIND, TOUCH, STEP ½ TURN RIGHT

1-2            Side rock right, recover weight to left foot  
3&4            Syncopated vine left, cross right behind, side step left, cross right over left  
5-6            Unwind ¾ turn to the right (weight ends up on the left foot)  
7-8            Rock forward on right, recover weight back to left

## STEP, PIVOT ½, ROCK, RECOVER, LEFT COASTER STEP

1-2 Step right foot back, pivot ½ turn right  
3-4 Step left foot forward and pivot ½ turn right  
5-6 Rock forward on left foot, recover weight to right  
7&8 Left coaster step

**REPEAT**

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