

Sorry...For Nothin'

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lesley Johnston (AUS)
音乐: Cryin' For Nothin' - Gary Allan



STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE

- 1-2-3&4 Step left forward at 45 degrees, step right behind left, shuffle forward left-right-left at 45 degrees
5-6-7&8 Step right forward at 45 degrees, step left behind right, shuffle forward right-left-right at 45 degrees

FORWARD, BACK & COASTER, ¼ TURN, STEP ½ TURN

- 1-2-3&4 Now facing front - step forward on left, rock back on right, step back on left, bring right to meet left together, step forward on left
5-8 Step forward on right, ¼ turn pivot to left, step forward on right, ½ turn pivot to left

OUT, CROSS, OUT, TOGETHER, HEEL JACK, HEEL JACK

While doing the next 4 counts the left heel raised & lowers in a syncopated type movement

- &1&2 On the ball of right foot - right to side, right across left
&3&4 Right out to side, right together to meet left
&5 Left heel out at 45 degrees left & right foot back at 45 degrees right
&6 Return left, right together at center
&7 Right heel out at 45 degrees right & left foot back at 45 degrees left
&8 Return right, left together at center

SLIDE, SLIDE, HEEL JACK, HEEL JACK, SLIDE, SLIDE

- &1&2 Step/slide right to side, slide left to meet right, step slide right to side, slide left to meet right
&3 Left heel at 45 degrees left & right foot back at 45 degrees right
&4 Return left, right together at center
&5 Right heel at 45 degrees right & left foot back at 45 degrees left
&6 Return right, left together at center
&7&8 Step/slide right to side, slide left to meet right, step slide right to side, slide left to meet right

BACK, FORWARD, FORWARD, BACK, COASTER, STEP ½ PIVOT TURN

- 1-2-3-4 Step/rock back on right, rock forward on left, step/rock forward on right, rock back on left
5&6 Step back on right, step back on left to meet right, step forward on right
7-8 Step left forward, pivot ½ turn right

SYNCOPATED VINE, BEHIND, SIDE, CROSS SHUFFLE

- &1&2&& Step left over right, right to side, left behind right, right to side
3&4 Step left over right, right to side, left behind right
5-6 Swing right out to side then behind left, left to side
7&8 Cross right over left to cross shuffle to left (right-left-right)

STEP FORWARD, PIVOT TURN, TURNING SHUFFLE, FORWARD, BACK COASTER

- 1-2 Step left foot forward, pivot ½ turn to right
3&4 As you full turn to right & moving slightly forward shuffle left-right-left
5-6-7&8 Step forward on right, rock back on left, step back on right, step left back to meet right, step forward on right

FORWARD, COASTER, POINT, TURN, POINT, BACK, HEEL BACK, HEEL

1-2-3&4 Step forward on left, rock back onto right, step back on left, step back on right to meet left, step forward on left

5&6 Point right to side, bring right together as you $\frac{1}{4}$ turn right and point left to side

&7&8 Step back on left & right heel forward 45 degrees, right foot back & left heel forward at 45 degrees

REPEAT
