

Ain't Nobody

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Karen Hadley (UK)
音乐: Being Nobody - Richard X & Liberty X



SIDE, CROSS, SCISSOR, SIDE, BEHIND, HEEL JACK

1-2 Step right to right side, cross step left over right
3&4 Step right to right side, step left beside right, cross step right over left
5-6 Step left to left side, cross step right behind left
&7 Step left slightly to left, touch right heel diagonally forward right
&8 Step right slightly back, cross step left over right

¾ TURN RIGHT, COASTER STEP, HIP BUMPS, ¾ PADDLE TURN LEFT

1-2 Step right ¼ turn right, turn ½ turn right stepping back on left, (9:00)
3&4 Step back on right, step left beside right, step forward on right
5&6 Touch left toe slightly forward bumping left hip forward, back, forward, (taking weight on left on last hip bump)
&7 On ball of left ¼ turn left, touch right toe to right side
&8 On ball of left ½ turn left, touch right toe to right side, (12:00)

SYNCOPATED JAZZ BOX, SIDE, BALL CROSS, SIDE, BEHIND & CROSS ROCK

1-2 Cross step right over left, step back on left
&3 Step right slightly to right side, cross step left over right
4&5 Step right to right side, step slightly back on left, cross step right over left
6-7 Step left to left side, cross step right behind left
&8& Step left to left side, cross rock right over left, rock back on left

¾ TURN RIGHT, ½ SHUFFLE TURN, PUSH KICK, SAILOR CROSS STEP

1-2 Step right ¼ turn right, turn ½ turn right stepping back on left, (9:00)
3&4 Shuffle ½ turn right, stepping: right, left, right, (3:00)
5-6 Step forward on left, rock back onto right pushing off with ball of left kicking left forward
Optional arms: push both hands forward with palms facing front as if pushing someone away
7&8 Cross step left behind right, step right to right side, cross step left over right

TAP, FLICK, CROSS, ½ HINGE TURN, TOUCH, MODIFIED RUMBA BOX TRAVELING FORWARD

1& Tap right toe slightly to right side, flick right foot with knee bent slightly out to right side
2 Cross step right over left, optional arms for counts 1 & 2: wave arms above head to right, left, right
3-4 Turning ¼ turn right step back on left, turning ¼ turn right step right to right side
5 Touch left toe beside right, (9:00)
6&7 Step left to left side, step right beside left, step forward on left
8&1 Step right to right side, step left beside right, step forward on right

FORWARD ROCK, LOW FLICK KICK, COASTER CROSS STEP, MAMBO SIDE ROCK & TOUCH

2-4 Rock forward on left, rock back on right, low flick kick left forward
5&6 Step back on left, step right beside left, cross step left over right
7&8 Rock right to right side, rock back on left in place, touch right toe beside left

REPEAT

OPTIONAL ENDING ON LAST WALL

7&8

Rock right to right side, rock back on left turning $\frac{1}{4}$ turn left, step right to right side to feet apart with both arms down by side and head looking down finishing facing front
