

Better than Nada

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Wil Bos (NL) & Roy Verdonk (NL) - January 2010
音乐: Little Bit Is Better Than Nada - Texas Tornados : (CD: 4 Aces)



Intro : 32 counts

Side, Close, Shuffle Forward, ½ Turn, Kick, Coaster Step

1-2 Step right to right side, Close left next to right
3&4 Step right forward, close left next to right, Step right forward
5-6 ½ turn right step left back, Kick right forward
7&8 Step right back, Close left next to right, Step right forward (6.00)

Step, Close, Shuffle Forward, Step ¾ Turn, Side Shuffle

1-2 Step left forward, Close right next to left
3&4 Step left forward, Close right next to left, Step left forward
5-6 Step right forward, ¾ turn left
7&8 Step right to right side, Close left next to right, Step right to right side (9.00)

Cross Rock, Recover, Side Shuffle, Cross, ¼ Turn, Rock Back, Recover

1-2 Cross Rock left over right, Recover
3&4 Step left to left side, Close right next to left, Step left to left side
5-6 Cross right over left, ¼ turn right step left back
7-8 Rock right back, Recover (12.00)

½ Turn, ¼ Turn, Cross Shuffle, Rock, Recover, Behind, Side, Cross

1-2 ½ turn left step right back, ¼ turn left step left to left side
3&4 Cross right over left, Step left to left side, Cross right over left
5-6 Rock left to left side, Recover
7&8 Cross left behind right, Step right to right side, Cross left over right (3.00)

Start again and let the music touch your soul

TAG: After walls 4 and 8

After wall 4 – 12:00 o'clock

Rolling vine to the right with a clap, Rolling vine to the left with a clap + 4 times hips R-L-R-L and start again.

After wall 8 – 12:00 o'clock

Rolling vine to the right with a clap, Rolling vine to the left with a clap + 2 times hips R-L and start again.