

A Little Bit of Nothing

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate - Pulse - Samba
编舞者: Ronald "RONNIE" Grabs (DE) - April 2014
音乐: Happy (Spiritual South Go Happy in Rio Edit) - 'Special Cut' by Max Sedgley



Alt. music:-

Mas Que Nada by Black Eyed Peas & Sergio Mendes
or any medium Samba

Note: this dance is written in Samba Timing with in a long "1" and a late "&" (change to an "a").

SIDE-BACK ROCK / SIDE-BACK ROCK / SIDE-1/4 L BACK ROCK / FWD. STEP-BACK ROCK

- 1 a2 step right foot to side, cross rock left foot behind right, recover weight on to right,
- 3 a4 step left foot to side, cross rock right foot behind left, recover weight on to left,
- 5 a6 step right foot to side, turn 1/4 to left as you rock back with left foot, recover weight on to right,
- 7 a8 step left foot forward, rock back with right foot, recover weight on to left,

CROSS-1/4 R SIDE ROCK / CROSS-SIDE ROCK / 1/2 R VOLTAS

- 1 a2 cross step right foot in front of left, turn 1/4 to right as you rock left foot to side, recover weight on to right,
- 3 a4 cross step left foot in front of right, rock right foot to side, recover weight on to left,
- 5 turn 1/4 to right and cross step right foot in front of left,
- a6 step left foot to side, turn 1/8 to right and cross step right foot in front of left,
- a7 step left foot to side, turn 1/8 to right and cross step right foot in front of left,
- a8 step left foot to side, cross step right foot in front of left,

CROSS-SIDE ROCK / CROSS-SIDE ROCK / CLOSE-BACK ROCK / CLOSE-BACK ROCK

- 1 a2 cross step left foot in front of right, rock right foot to side, recover weight on to left,
- 3 a4 cross step right foot in front of left, rock left foot to side, recover weight on to right,
- 5 a6 step left foot next to right, rock back with right foot, recover weight on to left,
- 7 a8 step right foot next to left, rock back with left foot, recover weight on to right,

Easy Option: You can change the Closed Mambos to Forward and Back Mambo Rock Steps:
FWD. MAMBO ROCK STEP / BACK MAMBO ROCK STEP

- 5 a6 rock forward with left foot, recover weight an to right, step left foot back,
- 7 a8 rock back with right foot, recover weight an to left, step right foot forward,

FWD. WALK-WALK / FWD. MAMBO ROCK STEP / TRIPLE 1/2 TURN L / VOLTA 1/2 TURN L

- 1, 2 step left foot forward, step right foot forward,
- 3 a4 rock forward with left foot, recover weight an to right, step left foot back,
- 5 a6 step right foot back, turn 1/4 to left stepping left foot to side, turn 1/4 to left stepping right foot forward,
- 7 a8 turn 1/4 to left and cross step left foot in front of right, step right foot slightly diagonally forward and right, turn 1/4 to left and cross step left foot in front of right,

REPEAT

Contact: www.line-fire.de - ronnygrabs@live.de