|  |  |
| --- | --- |
| Nervous |  |

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| . | | | | | | |
| **拍數:** | 32 | **牆數:** | 4 | **級數:** | Beginner | . |
| **編舞者:** | Ronald "RONNIE" Grabs (DE) - July 2019 | | | | |
| **音樂:** | Nervous - Shawn Mendes | | | | |
| . | | | | | | |

**SIDE-BEHIND-SIDE-CROSS / SIDE CHASSE / BACK ROCK**

|  |  |
| --- | --- |
| 1,2,3,4 | step RF to R side, cross step LF behind RF, step RF to R side, cross step LF over RF, |

|  |  |
| --- | --- |
| 5&6 | step RF to R side, LF step next to RF, step RF to R side, |

|  |  |
| --- | --- |
| 7,8 | rock step LF behind RF, recover weight forward onto RF, |

**SIDE-BEHIND-SIDE-CROSS / SIDE CHASSE / BACK ROCK**

|  |  |
| --- | --- |
| 1,2,3,4 | step LF to L side, cross step RF behind LF, step LF to L side, cross step RF over LF, |

|  |  |
| --- | --- |
| 5&6 | step LF to L side, RF step next to LF, step LF to L side, |

|  |  |
| --- | --- |
| 7,8 | rock step RF behind LF, recover weight forward onto LF, |

**SIDE-TOUCH / SIDE-TOUCH / GRAPEVINE w. 1/4 R / BRUSH**

|  |  |
| --- | --- |
| 1,2 | step RF to R side, touch LF next to RF |

|  |  |
| --- | --- |
| 3,4 | step LF to L side, touch RF next to LF |

|  |  |
| --- | --- |
| 5,6,7 | step RF to R side, cross step LF behind RF, turn 1/4 to R (3:00) stepping forward RF, |

|  |  |
| --- | --- |
| 8 | LF brush forward, |

**MOD. JAZZ BOX / SIDE / OUT-OUT / HOLD w. SYNC. IN-CROSS**

|  |  |
| --- | --- |
| 1,2&3 | LF cross step over RF, RF step back, LF step to L side, RF cross step over LF |

|  |  |
| --- | --- |
| 4 | LF step to L side, |

**\*easy option for Absolute Beginners: JAZZ BOX w. TOUCH**

|  |  |
| --- | --- |
| \*1,2,3,4 | LF cross step over RF, RF step back, LF step to L side, touch RF next to LF |

|  |  |
| --- | --- |
| 5,6 | RF step diagonally forward to R, LF step to L side, |

|  |  |
| --- | --- |
| 7,8& | hold position, ball of RF step back to centre, LF cross step over RF |

**\*easy option for Absolute Beginners: IN-CROSS**

|  |  |
| --- | --- |
| \*7,8 | RF step back to centre, LF cross step over RF |

**REPEAT**