

Nervous

拍數: 32 牆數: 4 級數: Easy Intermediate - Smooth WCS
編舞者: Lucie Incardona (FR) - April 2017
音樂: Nervous - Gavin James : (The Ooh Song)



Intro : 32 counts

[1-8] : SIDE ROCK, ¼ SAILOR STEP, STEP TURN, STEP FWD, TOUCH

1-2 RF rock step side right, recover on LF
3&4 RF cross behind LF, ¼ turn right, LF step next to RF, RF step forward (3h)
5-6 STEP TURN : LF step forward, ½ turn right (RF takes weight)
7-8 LF big step forward, RF touch next to LF (9h)

[9-16] : ROCK STEP FWD, TRIPLE ½ TURN, SPIRAL FULL TURN, TRIPLE STEP FWD

1-2 RF rock step forward, recover on LF
3&4 ¼ turn right stepping RF side right, LF step next to RF, ¼ turn right stepping RF side right
5-6 LF step forward, SPIRAL full turn right (3h)
7&8 RF step forward, LF step next to RF, RF step forward (3h)

[17-24] : ROCKING CHAIR, STEP SIDE, DRAG, BACK ROCK STEP

1-2 LF rock step forward, recover on RF
3-4 LF rock step back, recover on RF
5-6 LF step side left, Drag RF to LF
7-8 RF rock step back, recover on LF (3h)

[25-32] : ROCK STEP FWD, TRIPLE STEP ½ TURN, SKATE, SKATE, ANKOR STEP

1-2 RF rock step forward, recover on LF
3&4 ¼ turn right stepping RF side right, LF step next to RF, ¼ turn right stepping RF side right
5-6 LF Skate forward, RF Skate forward
7&8 LF step forward, RF step next to LF, LF step forward (9h) _ Start the dance from the beginning ☺

Tag & Restart :

#1er : 8 counts at the end of Wall 2 (Face 6h)

[1-8] : SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, BEHIND-SIDE-CROSS

1-2 RF rock step side right, recover on LF
3&4 RF cross behind LF, LF step side left, RF cross over LF
5-6 LF rock step side left, recover on RF
7&8 LF cross behind RF, RF step side right, LF cross over RF ☺ Start the dance from the beginning ☺

#2ème : 16 counts at the end of wall 4 (Face 12h)

[1-8] : SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, BEHIND-SIDE-CROSS

Do the First tag TWICE then restart the dance from the beginning ☺

#3ème : Restart during Wall 5 after 26 counts. Replace counts 27-28 by the following steps :

[25-28] : ROCK STEP FWD, PIVOT ½ TURN R, PIVOT ¼ TURN L

1-2 ROCK STEP forward R, recover on L
3-4 ½ turn R... , ¼ turn L (Face12h)

One thank you to Gueric Auville for his help on the translation of texts in English
Plug prepared, translated and formatting by Martine Nageotte

