

Nothin' at All Cha

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate Cha Cha
編舞者: Nina Skyrud (NOR) - April 2018
音樂: Nothin' at All - Shotgun Rider : (Album: Palo Duro - March 30, 2018)



Start the dance at the vocal after 32 counts

Note: 3 Restarts: Wall 2 (after 24 counts), wall 4 (after 16 counts) and wall 6 (after 24 counts)

[1-8] Step, Side Rock-Recover, Step-Lock-Step, ½ Turn right, Step-Lock-Step

1-2-3 Step left foot forward (1), Step right foot to the right side pushing right hip right (2), Recover onto left foot pushing left hip left (3)
4-&-5 Step right foot forward (4), Lock left foot behind right (&), Step right foot forward (5)
6-7 Step left foot forward (6), Make ½ Turn right stepping right foot forward (7)
8-&-1 Step left foot forward (8), Lock right foot behind left (&), Step left foot forward (1). [6:00]

[9-16] Spiral-Turn left, Step, Step-Lock-Step, Rock-Recover, Step back, ¼ Turn right, Cross

2-3 Step right foot forward and slightly across left and make 1/1 turn (spiral) left (2), Step left foot forward (3)

Optional for the spiral for count 2-3: Walk, Walk: Step right foot forward (2), Step left foot forward (3)

4-&-5 Step right foot forward (4), Lock left foot behind right (&), Step right foot forward (5)
6-7 Rock left foot forward (6), Recover onto right foot (7).
8-&-1 Step left foot back (8), Make ¼ Turn right stepping right foot to the side (&), Cross left foot over right (1) [9:00]

Note: Restart here on wall 4

[17-24] Side Rock-Recover, Right Chasse, Side Rock-Recover, Sailor ¼ Turn left

2-3 Step right foot to the right side pushing right hip right (2), Recover onto left foot pushing left hip left (3)
4-&-5 Step right foot to the right side (4), Step left foot next to right (&), Step right foot to the right side (5)
6-7 Step left foot to the left side pushing left hip left (6), Recover onto right foot pushing right hip right (7)
8-&-1 Cross left behind right (8), Make ¼ turn left stepping right foot to the right side (&), Step left foot forward (1) [6:00]

Note: Restart here on wall 2 and 6

[25-32] Walk, Walk, Mambo-Step, Walk, Walk, Mambo-Step

2-3 Step right foot forward (2), Step left foot forward (3)
4-&-5 Step right foot forward (4), Recover onto left (&), Step right foot back (5)
6-7 Step left foot back (6), Step right foot back (7)
8-&-(1) Step left foot back (8), Recover onto right (&), Step left foot forward (1)*

*The last step forward is the first step in the routine.

Contact: ninasky@online.no