

No Time For Losers

拍數: 32 牆數: 2 級數: Intermediate Contra
編舞者: Maria Cristina Bigini (IT) - May 2018
音樂: Rollin' Thunder (Raw'n'Roll) of Circus Nebula



[1- 8] Walking Stomps – Shuffle – Toe Struts and Snaps

- 1- 2 Right Stomp fwd – Left Stomp fwd
- 3&4 Right Step fwd – Close Left Step near to Right Heel – Right Step fwd
- 5- 6 Turning ½ to R make Left Toe Touch back – Drop Left Heel with weight and Snap with both Hands
- 7- 8 Right Toe Touch back – Drop Right heel with weight and Snap with both Hands

[9-16] Coaster Step – Pivot ¼ turn – Crossing Chassé – Rock Side

- 1&2 Left Step back – Right Step close to Left – Left Step fwd
- 3- 4 Right Step fwd – Turn ¼ to L weight on Left
- 5&6 Cross Right Step over Left – Left Step to L – Cross Right Step over Left
- 7- 8 Left Step to L- Ricover weight on R

[17-24] ½ Sailor Turn and Claps – Monterey and Claps – modified Monterey

- 1&2 Cross Left Step back Right – turning ¼ to L Step Right fwd – turning ¼ to L Step Left fwd and Claps both hands with partner in front of you
- 3- 4 Point Right Toe to R side – turning ½ to R on Left Ball close Right Step near Lweight on R
- 5- 6 Point Left Toe to Left Side – Close Left Step near Right weight on Left and Claps both hands with partner in front of you
- 7- 8 Repeat Counts 19-20 (3-4)

[25-32] Crossing Chassé – modified Rolling Vine – modified Jazz Box

- 1&2 Cross Left Step over Right – Right Step to R – Cross Left Step over Right
- 3-4-5 Turn ¼ to R with Right Step fwd – Turn ½ to R with Left Step back – Turn ¼ to R with Right Step fwd
- 6-7-8 Cross Left step over Right- Right Step back- Turn ¼ to L with Left Step fwd.

At last wall when music goes down change counts 11-12-13 with R Step fwd- turn ½ to L- Right Stomp fwd with Right and touching your hat!!!

If needed you may place 2 persons at both sides just only to clap hands with whose are at the End of the row with nobody to clap and enjoy!!!

To contact the coreographer: email mariacristinabig@gmail.com - phone 3498145350