

# Nervous

拍數: 32      牆數: 4      級數: Beginner  
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音樂: Nervous - Shawn Mendes



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## 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**

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