

Nowhere Left to Go

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Michelle Wright (USA) - June 2020
音樂: Dance with Me - Diplo, Thomas Rhett & Young Thug



Dance starts on the lyrics

Section 1: R & L kick cross back rock, R kick out out, toes heels toes walk in(both feet)

1&2& Kick R forward, Cross R over L, Rock L ball of foot back slightly on diagonal , Recover R

3&4& Kick L forward, Cross L over R, Rock R ball of foot back slightly on diagonal , Recover L

5&& Kick R forward, Step R to R side, Step L to L side

(Styling: Knees slightly bent as you step out and hold)

7&8 swivel toes in , heels in, toes center weight on L

(styling: straighten knees as you come go in)

Section 2: R mambo forward, L back mambo, ¾ chug L with hips

1&2 Step forward R, recover L, step back R

3&4 Step L back, Recover R, step together L

5&6&7&8& Over L 1/4 Rock R to R as you push hips over R, recover L, ¼ rock R to R as you push hips over R, recover L, ¼ rock R to R as you push hips over R, Recover L, Rock R to R side as you push your hips over R, Recover L

(Restart on 3rd and 7th rotations)

Section 3: R & L Cross Back Back, R Point and L Point , R Forward touch, hip bump

1&2 Cross R over L, Step back L, step back R

3&4 Cross L over R, step back R, step back L

5&6&7&8 point R to Right side, step R next to R, point L to L side, step L next to R, Touch L forward, Bump R hip forward over R, recover L

Section 4: R forward cross samba, L back cross samba, Weave, Boogie walk

1&2 Cross R over L, Step ball of L to L side, recover R

3&4 Cross L behind R, Rock ball of R to R side, recover L

5&6 Cross R behind L, Step L to L side, step R forward

7&8 Step forward left as you lean knees L, Step forward R as you lean knees R, Step forward L as you lean knees L (knees are slightly bent)

(7&8 option run forward L,R,L)

Any questions please email Michellelinedance@gmail.com

Please do not edit this step sheet without permission from choreographer.