

Nothing to Loose

拍數: 32 牆數: 4 級數: Improver
編舞者: Angels Guix (ES) & Enric Nonell (ES) - May 2022
音樂: Nothing To Loose - Marien



Note: 12 counts introduction - No tag no restart

[1-8] Walk forward x3, syncopated rock step, walk backward x3, syncopated rock step

1,2,3 Step RF forward, step LF forward, step RF forward
4& Rock LF forward, recover on RF
5,6,7 Step LF backward, step RF backward, step LF backward
8& Rock RF backward, recover on LF

[9-16] Step point x2, three step turn right

1,2 Step RF forward, point LF to left
3,4 Step LF forward, point RF to right (with prep to turn right)
5,6 ¼ turn right and step RF forward, ½ turn right and step LF backward
7,8 ¼ turn right and step RF to right, touch LF together (12:00)

[17-24] Walk around left, mambo forward, mambo backward

1,2 Turn 1/8 left and step LF forward, turn 1/8 and step RF forward
3,4 Turn 1/8 left and step LF forward, turn 1/8 and step RF forward (6:00)
5&6 Rock LF forward, recover on RF, step LF together
7&8 Rock RF backward, recover on LF, step RF together

[25-32] ¼ turn left Jazz box, step out x2, step backward, syncopated Rock step

1,2 Cross LF over RF, 1/8 turn left and step RF backward
3,4 1/8 turn left and step LF to left, step RF forward (3:00)
5,6 Step LF to left, step RF to right
7 Step LF backward
8& Rock RF back, recover on LF

Start again

Last Update: 15 Jul 2022