

Nothing for Nothing

拍數: 44 牆數: 4 級數: Novice
編舞者: Laurent Chalon (BEL) - May 2023
音樂: Nothing from Nothing - Billy Preston



Pas de tag – Pas de restart

Section 1: Prissy Walks R L, Step Lock Step, Rock Fwd, ½ Turn L, ¼ turn L

1-2 Cross R over L, Cross L over R 12:00
3&4 Step R forward, Lock L behind R, Step R forward
5-6 Rock forward on L, Recover onto R
7-8 ½ turn left and step L forward, ¼ turn left and step R to the right 03:00

Section 2: Sailor Step, Behind, Side, Cross, Side, Rock Back, ¼ Turn L, ¼ Turn L

1&2 Sailor Step L
3&4& Step R behind L, Step L to the left, Cross R over L, Step L to the left
5-6 Cross Rock R behind L, recover on L
7-8 ¼ turn left and step R back, ¼ turn left and step L to the left 09:00

Section 3: Cross Mambo, Cross, Side, Behind+Sweep, Behind, Side, Cross Shuffle

1&2 Cross R over L, Recover onto L, Step R to right
3&4 Cross L over R, Step R to right, Cross L behind R + Sweep R from front to back
5-6 Step R behind L, Step L to left
7&8 Cross R over L, Step L to left, Cross R over L

Section 4: ½ turn L & Cross Shuffle, Side, Touch, ¼ turn L Step Fwd

1&2 ½ turn left and cross L over R, Step R to right, Cross L over R 03:00
3&4 Step R to right, Touch L beside R, ¼ turn left and step L forward 12:00

Note : section 4 only has 4 counts

Section 5: Walk, Walk, Step, Pivot ½ Turn L, Step, Walk, Walk, Side Rock ¼ turn R, Step fwd

1-2 Step R forward, Step L forward
3&4 Step R forward, Pivot ½ turn to the left, Step R forward 06:00
5-6 Step L forward, Step R forward
7&8 Step L to left, Recover onto R with ¼ turn to the right, Step L forward 09:00

Section 6: Sweep Fwd, Touch Fwd, Sweep back, Touch Back, Coaster Step, Side Point, Touch, Side Point, Flick, Kick Ball Change

1-2 Sweep R from back to front and point R forward, Sweep R from front to back and step R back
3&4 Step L back, Step R next to L, Step L forward
5&6& Point R to right, Touch R next to L, Point R to right, Flick R
7&8 Kick R, Step R next to L, Step L forward

Bonne danse...

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