

# Nada 'nuff

拍數: 32      牆數: 4      級數: Improver  
編舞者: Janet Wilson (USA)  
音樂: Little Bit Is Better Than Nada - Texas Tornados



## SIDE TOUCHES, BODY ROLL, CROSS/ROCK STEP, FULL 3-STEP TURN RIGHT

- 1            Touch right toe out to right side
- &           Step on right foot next to left
- 2            Touch left toe out to left side
- 3-4        2-count hip circle: back, right, forward, then shifting full weight to left foot
- 5            Rock forward onto right foot, crossing over left
- 6            Return weight to left foot
- 7            Step backward onto left foot
- &           Turn ½ turn right
- 8            Step forward onto right foot

## CROSS/ROCK STEP, TRIPLE LEFT, KICK, ¼ TURN RIGHT/STEP, SLIDE LEFT

- 9            Rock forward onto left foot, crossing over right
- 10          Return weight to right foot
- 11&12      Triple step to the left side left, right, left
- 13          Kick right foot forward
- 14          Turning ¼ turn right, step to the right on right foot (take a little bit wider step than shoulder width apart)
- 15-16      Keeping weight on right foot, slide left foot over toward right for two counts

## ROCK STEP, COASTER STEP, ROCK STEPS

- 17          Rock forward onto left foot
- 18          Return weight to right foot
- 19          Step backward onto left foot
- &           Step right foot next to left
- 20          Step forward onto left foot
- 21          Rock forward onto right foot
- 22          Return weight to left foot
- 23          Rock backward onto right foot
- 24          Return weight to left foot

## TRIPLE FORWARD, ROCK STEP, TRIPLE BACKWARD, ROCK STEP

- 25&26      Triple step forward right, left, right
- 27          Rock forward onto left foot
- 28          Return weight to right foot
- 29&30      Triple step backward left, right, left
- 31          Rock backward onto right foot
- 32          Return weight to left foot

## REPEAT

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