

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