

# Nada

拍數: 40      牆數: 2      級數: Advanced  
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音樂: Little Bit Is Better Than Nada - Texas Tornados



## LEFT AND RIGHT SIDE BREAK

1&2      Step left foot to left; step right foot in place; step left beside right  
&      Hold  
3&4      Step right foot to right; step left foot in place; step right beside left  
&      Hold  
5&6      Cross-step left over right; step right foot back; step left beside right  
&      Hold  
7&8      Step slightly forward onto right heel with toe turned in; grind right heel from left to right shifting weight to left; step right foot beside left.

## STEP OFF; ¼ TURN TO THE RIGHT; SCUFF

9-10      Step left foot to left; brush right foot up and across left  
11-12      Step right foot to right; brush left foot up and across right  
13-14      Step left foot to left; brush right foot up and across left  
15-16      Step right foot to right; scuff left next to right while turning ¼ right

## HEEL DIG; COASTER STEP

17-18      Step left heel forward with toe pointed right; rock-step back on right while turning left toe to left  
19&20      Step left foot beside right; step right foot back; step left foot forward  
21-22      Step right heel forward with toe pointed left; rock-step back on left while turning right toe to right  
23&24      Step right foot beside left; step left foot back; step right foot forward.

## SIDE STEP (LATIN MOTION); GUMBY BREAK

25-26      Step left foot to left; step right beside left  
27&28      Step left foot to left; step right beside left; step left foot to left (while executing this movement, lift hands to chest level with elbows up and out, and sway with steps).  
&      Raise right foot up slightly beside left  
29-30      Step right foot diagonally and slightly to right; step left diagonally and slightly left (raise left foot slightly beside right before executing count 30 while starting ¼ turn right).  
31&32      Step right foot diagonally and slightly to right; step left foot diagonally and slightly to left; step left foot diagonally and slightly to right completing ¼ turn right (slightly raise non-weighted foot before executing steps 31&32)

## REGGAE CHOP

33-34      Step left foot diagonally and slightly left thrusting left hip diagonally at same time; step right foot diagonally and slightly right thrusting right hip diagonally at same time  
35&36      Step left foot diagonally and slightly left thrusting left hip; thrust right hip back; thrust left hip diagonally to left  
37-38      Step right foot diagonally and slightly right thrusting right hip; step left foot diagonally and slightly left thrusting left hip  
39&40      Step right foot diagonally and slightly right thrusting right hip; thrust left hip back; thrust right hip diagonally right.

## REPEAT

