

Nonsense

拍數: 40 牆數: 4 級數: Improver
編舞者: Paula Baker (USA)
音樂: Nothin' 'Bout Love Makes Sense - LeAnn Rimes



LEFT & RIGHT TWINKLES, SHUFFLE, ½ TURN LEFT

1&2-3&4 Cross left over right, step right to right side turning body slightly left, step on left; cross right over left, step left to left side turning body slightly right, step on right
5&6-7-8 Shuffle forward - left, right, left; step forward on right, pivot ½ turn left & step on left

VINE RIGHT, CROSS ROCKS (SOFT-SHOE ROUTINE)

1-2-3 Step to right, left behind right, step to right, (vine 3)
&4 Cross step left over right, (weight, on ball of foot), recover on right
5&6 Step left to left, cross step right, over left (weight, on ball of foot), recover on left
7&8 Step to right, cross step left over right, (weight, on ball), recover on right

VINE LEFT, ¼ TURN, TOE & HEEL TOUCHES

1-2-3-4 Step to left, right behind left, ¼ turn to left and step, step right beside left (weight, on right)
5&6& Touch left toe to left side, step left beside right, touch right, heel forward, step right, beside left
7&8 Touch left heel forward, step left beside right, touch right, toe beside left,

SHUFFLE FORWARD, ¼ TURN RIGHT, CROSS SHUFFLE, SIDE MAMBO

1&2-3-4 Shuffle forward - right, left, right; step forward on left & pivot ¼
5&6 Turn to right; cross left over right, step to right, cross left over right
7&8 Rock to side on right, recover weight on left, step right beside left

LEFT SHUFFLE FORWARD, ¼ TURN LEFT, WEAWE TO LEFT

1&2-3-4 Shuffle forward - left, right, left; step forward on right & pivot ¼ turn to left
5-6-7-8 Cross right over left, step to left, cross right behind left, touch left toe out to left side

REPEAT
