

Nothin' Lasts

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kathy Brown (USA) & Kate McLam (USA)
音樂: Nothin' Lasts Forever - Delbert McClinton



Won 2nd place in choreography at the Boogie Woogie Boot Camp

SYNCOPATED RIGHT VINE, FULL TURN, LEFT SAILOR

1-2 Step right to side, step left behind
&3-4 Step right to side, cross left in front of right, step right to right side
5-6 Turn ½ left stepping down on left, turn ½ left stepping down on right
7&8 Left sailor shuffle (step left behind right, step right to side, step left to side)

CROSS SHUFFLE LEFT, LEFT SIDE SHUFFLE, RIGHT SAILOR

9&10 Crossover shuffle (right over left, right-left-right)
11&12 Left side shuffle (left-right-left)
13&14 Right sailor shuffle (right behind left, left to side, right to side)
15&16 Left sailor shuffle (left behind right, right to side, left to side)

HALF TURN PIVOT LEFT, LEFT SHUFFLE FORWARD, ROCK ¼ TURN RIGHT SAILOR

17-18 Step forward on right, ½ turn left with left hook over right shin
19&20 Left shuffle forward (left-right-left)
21-22 Rock forward on right, recover ¼ turn left stepping down on left
23&24 Right sailor shuffle (right behind left, left to side, right to side)

TRAVELING SAILORS, LEFT ROCK RECOVER, FULL TURN BACK

25&26 Left traveling sailor (step left behind, step right to side (45), step left forward)
27&28 Right traveling sailor (step right behind, step left to side (45), step right forward)
29-30 Rock forward on left, recover on right
31 Turning ½ left backwards, step down on left
32 Step forward on right turning ½ left (keeping weight on right)

LEFT COASTER STEP, RIGHT SHUFFLE, LEFT SHUFFLE, RIGHT KICK BALL CHANGE

33&34 Left back coaster step (left back, step right next to left, left forward)
35&36 Right shuffle step (right-left-right)
37&38 Left shuffle step (left-right-left) (option: right turning triple)
39&40 Right kick ball change (kick right, step down on right, change weight to left)
41-44 Step forward on right, hip bumps up and down (weight ends on right)
45-48 Step forward on left, hip bumps up and down (weight ends on left)

REPEAT

OPTION 1

For last eight counts, step forward and three counts tapping heel

OPTION 2

For last eight counts, step forward and do Elvis knees, wiggling knees in and out