

Nothing Left

拍數: 40 牆數: 2 級數: Improver
編舞者: Andreina Signori (UK)
音樂: When the Lights Go Down - Faith Hill



STEP, ¼ TURN, STEP, TOGETHER, SIDE SHUFFLE

- 1-2 Step forward right, step left to the side while making a ¼ turn right
3&4 Feet should be shoulder width apart, bump hips left-right-left, on count 4 bring right foot beside left
5-6 Step right to the side, bring left together with right
7-8 Right chasse (right-left-right)

STEP, ½ TURN, ROCK & CROSS, ROCK & CROSS

- 1-2 Step left forward while making a ¼ turn left, on ball of left make a ½ turn left while hitching right leg
3&4 Rock back on right foot, recover onto left, cross right over left
5&6 Side rock onto the left foot, recover onto right foot, cross left over right
7&8 Start a side shuffle to the right (right-left-right), on count 8 instead of stepping right to the side step right forward making a ¼ turn right (feet must end up apart)

LOOK BEHIND, LOOK FORWARD, HIP BUMPS, SIT DOWN AND STAND UP, ½ TURN

- 1 Body makes a ½ turn left as if looking behind you (feet should move only slightly)
2 Body makes ½ turn right. Should look as if you are undecided about where to go
3&4 Bump hips left-right-left

Optional: cross arms over chest (right hand touching left shoulder, left touching right shoulder), uncross arms left hand touching left shoulder and right touching right shoulder, on count 4 bring arms sharply down to the sides

- 5-6 Bend knees as if sitting down (angle body to the left diagonal), stand up and straighten body back to face the wall
7&8 Make ½ turn left on balls of feet twisting heels right-left-right

FORWARD SAILOR, CROSS & STEP BACKS, TURN STEPS BACK, FULL TURN

- 1&2 Cross right over left, rock onto left, and step right in place
3&4 Cross left over right, step back right while making a ¼ turn left, step back left
5&6 Step forward onto right foot, pivot on ball of right foot making a ½ turn right and step back left, step back right
7&8 Make a full turn left stepping left-right-left

HIP BUMPS, CIRCLE HIPS

- 1&2 Point right foot to the right diagonal while bumping hip to the right, hitch right while bumping hip to the left, step right beside left while bumping hip to the right
3&4 Point left back to the left diagonal while bumping hip to the left, hitch left while bumping hip to the right, step left beside right bumping hip to the left
5&6 Step right to the side start circling hips to the left finishing with a hip bump to the right
7&8 Circle hips to the right making a full circle finishing with a hip bump to the left

REPEAT

If counts 3-6 in section 4 are too fast or the dancer does not feel comfortable another option is:

- 3&4 Forward sailor (left-right-left)
5&6 Sailor turn (cross right over left, step back on left making ¼ turn to the right, step right to the side)
7&8 Coaster step (step back left, together right, forward left)

