Nothing On But

拍數: 32   牆數: 4   級數: Intermediate

編舞者: Paula J. Graves (UK)

音樂: Nothing On But the Radio - The Alice Band

ROCK FORWARD, WALK BACK, SHUFFLE BACK, POINT BACK, ½ TURN, KICK

1-2	Left foot forward, replace weight back onto right foot
3-4	Left foot back, right foot back (walk back using a ronde action with left foot & right foot)
5&6	Left foot back, cross right foot in front of left foot, left foot back
7-8	Point right foot back without weight, ½ turn to right kicking right foot forward

CROSS SIDE BACK TWICE, CROSS IN FRONT SIDE BEHIND, ROCK & CLOSE

1&2	Cross right foot in front of left foot, left foot side & slightly back, right foot back & slightly to right side
3&4	Cross left foot in front of right foot, right foot side & slightly back, left foot back & slightly to left side
5&6	Right foot cross in front of left foot, left foot to side, right foot cross behind left foot
7&8	Left foot to side, replace weight onto right foot, close left foot to right foot

PADDLE TURN BACKWARDS TWICE, COASTER STEP, TAP HITCH TAP, CROSS SIDE BEHIND

1-2	With weight on left foot take ¼ right while tapping right toe forward, repeat
3&4	Right foot back, close left foot to right foot, right foot forward
5-6	With weight on right foot take ¼ turn to right while tapping left foot to left side, repeat
7&8	Cross left foot in front of right foot, right foot to side, cross left foot behind right foot

Push right hip forward when tapping right toe & push left hip to left side while tapping left toe
Option: this movement can be danced without the turn to make it easier for beginners

SIDE ROCK, BEHIND SIDE IN FRONT, COASTER STEP ¼ TURN TO RIGHT, LOCK FORWARD

1-2	Right foot to side, replace weight onto left foot
3&4	Cross right foot behind left foot, left foot to side, cross right foot in front of left foot
5&6	Left foot to side, ¼ turn to right as you close right foot to left foot, left foot forward
7&8	Right foot forward, left foot behind right foot, right foot forward

REPEAT