

Nothin' To Loose

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver polka
編舞者: Hélène Lancup (CAN)
音樂: Nothin' to Lose - Josh Gracin



KICK, STEP, COASTER STEP, HIP BUMPS (X3), SHUFFLE FORWARD

1 Kick forward on right
2 Step back on right
3&4 Step back on left, step right next to left, step forward on left
5&6 Hip bump on left, hip bump on right, hip bump on left
7&8 Shuffle forward right, left, right

KICK, STEP, COASTER STEP, SIDE SHUFFLE LEFT, ROCK BACK

1 Kick forward on left
2 Step back on left
3&4 Step back on right, step left next to right, step forward on right
5&6 Side shuffle left, right, left
7-8 Rock back on right and recover on left

SIDE SHUFFLE RIGHT, HALF RIGHT TURN, SIDE SHUFFLE LEFT, SAILOR SHUFFLE ON RIGHT, SAILOR SHUFFLE ON LEFT

1&2 Side shuffle right, left, right
3&4 ½ turn right and side shuffle left, right, left
5&6 Cross right behind left, step left next to right, step right next to left
7&8 Cross left behind right, step right next to left, step left next to right

RIGHT HEEL, HOOK, SHUFFLE FORWARD, STOMP, SAILOR SHUFFLE, STEP, ¼ LEFT TURN

1 Right heel forward
& Hook on right
2&3 Shuffle forward right, left, right
4 Stomp left
5&6 Cross right behind left, step left next to right, step right next to left
7 Step back on left
8 ¼ turn left and keep the weight on the left foot

REPEAT
