

Nothin' 2 Lose

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate quickstep
編舞者: Michael Diven (USA)
音樂: Nothin' to Lose - Josh Gracin



SIDE ROCK, SYNCOPATED VINE WITH ¼ TURN LEFT, ROCK, RECOVER, LEFT SHUFFLE WITH ½ TURN

1-2 Side rock to right, recover weight to left
3&4 Syncopated grapevine left cross right behind left, step left, cross right over left with ¼ turn left
5-6 Rock forward on left, recover right
7&8 Left shuffle with ½ turn left

ROCK, RECOVER, QUICK ROCK, STEP, ½ TURN RIGHT, STEP, ½ TURN LEFT

1-2 Rock forward on right, recover on left
3&4 Quick rock forward on right, back on left, forward on right
5-6 Step forward on left foot with ½ turn right (weight on right foot)
7-8 Step forward on left foot with ½ turn left, hitching right foot

STEP BACK, ½ TURN, STEP FORWARD, TOUCH RIGHT, SYNCOPATED VINE LEFT, SIDE ROCK, RECOVER

1-2 Step back on right foot with ½ turn left, hitching left foot
3-4 Step forward on left foot, hitch right foot, touch right toe forward
5&6 Syncopated grapevine to the left, cross right behind then over left
7-8 Side rock left, recover to right foot

SYNCOPATED RIGHT VINE WITH ¼ TURN RIGHT, TOUCH, HOLD, SCOOT BACK X 4

1&2 Syncopated vine right, cross left behind right, side right, cross left over right with ¼ turn right
3-4 Touch right toe forward, hold
5& Step back on right, scoot back hitching left foot
6& Step back on left, scoot back hitching right foot
7& Step back on right, scoot back hitching left foot
8& Step back on left, scoot back hitching right foot

ROCK, RECOVER, QUICK ROCK, LEFT SHUFFLE FORWARD, STEP WITH ¼ TURN LEFT

1-2 Step back on right (rock), recover weight to left
3&4 Quick rock back right, left, right
5&6 Left shuffle forward
7-8 Step forward on right foot with a ¼ turn to left (weight on right foot), hold

SYNCOPATED VINE RIGHT, TOUCH RIGHT, CROSS, ¾ UNWIND (BOUNCE 3 X), LEFT COASTER

1&2 Syncopated vine right, cross left behind right, step right, cross left over right
3-4 Touch right foot to right side, cross over left foot
5&6 Bounce on the balls of feet (3 times) while turning ¾ turn to left (weight on right foot)
7&8 Left coaster step

ROCK, RECOVER, SYNCOPATED VINE LEFT, ¾ UNWIND, TOUCH, STEP ½ TURN RIGHT

1-2 Side rock right, recover weight to left foot
3&4 Syncopated vine left, cross right behind, side step left, cross right over left
5-6 Unwind ¾ turn to the right (weight ends up on the left foot)
7-8 Rock forward on right, recover weight back to left

STEP, PIVOT ½, ROCK, RECOVER, LEFT COASTER STEP

1-2 Step right foot back, pivot ½ turn right
3-4 Step left foot forward and pivot ½ turn right
5-6 Rock forward on left foot, recover weight to right
7&8 Left coaster step

REPEAT
