

# Alotta Nada!!!

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數:  
編舞者: Lynn Pistello (USA)  
音樂: Little Bit Is Better Than Nada - Texas Tornados



## STEP, SLIDE

- 1            Take a big step back with your left foot  
2-3        Slowly drag right foot to left foot for two counts weight stays on left foot

## FORWARD, BACK, TOGETHER (SYNCOPATED ROCK)

- 4            Step (rock) forward with right foot  
&            Rock onto left foot  
1            Place right foot next to left foot (weight on right)

## QUARTER TURN, QUARTER TURN

- 2            Step left with left foot making a quarter turn to the left  
3            Step left with right foot making a quarter turn to the left (weight on right-now facing 6 o'clock)

## SIDE TRIPLE

- 4            Step side left with left foot  
&            Step right foot next to left foot  
1            Step side left with left foot again

## QUARTER TURN, ROCK STEP

- 2            Pivoting on left foot ¼ turn left while rocking forward on right foot (now facing 3 o'clock)  
3            Step (shift weight onto) left foot

## QUARTER TURN, SIDE TRIPLE

- 4            Pivoting on left foot ¼ turn right stepping to the side with right foot (facing 6 o'clock)  
&            Step left foot next to right foot  
1            Step side right with right foot

## ¼ TURN, WALK, WALK

- 2            Pivoting on right foot ¼ turn right step forward with left foot  
3            Step forward with right foot

## STEP, LOCK, STEP

- 4            Step forward with left foot  
&            Step (lock) right foot behind left foot  
1            Step forward with left foot

## ROCK STEP

- 2            Step (rock) onto right foot  
3            Shift weight onto left foot

## BACKWARDS STEP, LOCK, STEP

- 4            Step back with right foot  
&            Step (lock) back with left foot  
1            Step back with right foot

## WALK BACK, FEET TOGETHER

- 2            Step back with left foot

3 Place right foot next to left foot

**OUT, OUT, DRAG**

4 Step slightly to left side with left foot  
& Step slightly to the right (weight on right)  
1 Drag left foot to right foot

**TOUCH OUT, DRAG**

2 Touch left toe out to left side  
3 Drag left foot to right foot

**FORWARD, BACK, TOGETHER (SYNCOPATED ROCK)**

4 Step (rock) forward with left foot  
& Rock onto right foot  
1 Place left foot next to right (weight on left)

**FORWARD, BACK, TOGETHER (SYNCOPATED ROCK)**

2 Step (rock) forward with right foot  
& Rock onto left foot  
3 Place right foot next to left (weight on right)  
4 Clap

**REPEAT**

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