

Nothing To Hide

拍數: 72 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK) - September 2009
音樂: Bare - Beverley Knight : (Album: 100% Beverley Knight - 3:17)



12 Count Intro (approx 6 secs).

STEP POINT, SAILOR ½ TURN R.

123 Step forward on L, point R to R side, Hold count 3.
456 Making a ½ turn R cross step R behind L, step L to L side, step R to R side. [6 o'clock]

MAMBO FORWARD, ½ TURN STEP ¼ TURN R.

123 Rock forward on L, recover weight to R, step back on L.
456 Making a ½ turn R step forward on R, step forward on L, make a ¼ turn R (weight on R). [3 o'clock]

WEAVE R, SIDE STEP WITH DRAG.

123 Cross step L over R, step R to R side, cross step L behind R.
456 Step R to R side, drag L in towards R over 2 counts. [3 o'clock]

FULL TURN L WITH HITCH, SIDE STEP WITH DRAG.

123 Make a ¼ turn L stepping forward on L, make a ½ turn L stepping back on R, make a ¼ turn L hitching L knee (keeping weight on R).
456 Step L to L side, drag R in towards L over 2 counts. [3 o'clock]

½ TURN R WITH SWEEP, CROSS SWEEP.

123 Make a ½ turn R stepping forward on R, sweep L from behind and cross touch in front of R.
456 Cross step L over R, sweep R from behind and cross touch in front of L. [9 o'clock]

R TWINKLE, L TWINKLE WITH ½ TURN L.

123 Cross Step R over L, step L to L side, step R in place.
456 Cross Step L over R, make a ¼ turn L stepping back on R, make another ¼ turn L stepping L to L side. [3 o'clock]

R TWINKLE, CROSS ¾ TURN L.

123 Cross step R over L, step L to L side, step R in place.
456 Cross step L over R, make a ¼ turn L stepping back on R, make a ½ turn L stepping forward on L. [6 o'clock]

STEP KICK, RUN BACK L,R,L.

123 Step forward on R, kick L forward over 2 counts.
456 Run back L, R, L. [6 o'clock]

STEP BACK SIDE TOUCH, CROSS ROCK TOUCH.

123 Step back on R, touch L to L side, hold count 3.
456 Cross rock L over R, recover weight to R, touch L to L side. [6 o'clock]

STEP DRAG, STEP, STEP, ½ TURN R.

123 Step forward on L, drag R to beside L over 2 counts.
456 Step forward on R, step forward on L, make a ½ turn R (weight forward on R). [12 o'clock]

***Restart during wall 2 begin again from here facing 6 o'clock wall**

STEP DRAG, STEP, STEP, ½ TURN R.

123 Step forward on L, drag R to beside L over 2 counts.

456 Step forward on R, step forward on L, make a ½ turn R (weight forward on R). [6 o'clock]

MAMBO STEP, COASTER STEP.

123 Rock forward on L, recover weight to R, step back on L.

456 Step back on R, close L beside R, step forward on R. [6 o'clock]

*** Restart during wall 2 – dance up to and including count 60 – begin again facing [6 o'clock.]**

deemusk@btinternet.com Dee – 07814 295470
