

Nothing But The Rent

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Alan Haywood (UK) - February 2010
音樂: Ain't Nothin' Goin' On But the Rent - Gwen Guthrie : (3:27)



Intro – 16 counts after drum beat – starting on the word 'boy' (29 seconds)

Section 1

Brush out out & L forward, touch R, & L heel forward, & R forward, L forward, ½ R

- 1&2 Brush right forward, step right out to right side, step left out to left side (shoulder width apart)
&3-4 Step right next to left, step left forward (leaning forward), touch right next to left
&5 Step back onto right, touch left heel diagonally forward
&6 Step left next to right, step forward onto right
7-8 Step forward onto left, pivot ½ right (6 o'clock)

Section 2

L forward, lock R, & R diag lockstep, rock forward L, recover R, triple 1 ½ L

- 1-2 Step left forward diagonally left, lock right behind left
&3&4 Step left next to right, step right diagonally right, lock left behind right, step right diagonally right
5-6 Rock forward onto left (square up), recover back onto right
7&8 Triple 1 ½ turns left stepping left right left (12 o'clock)

Alternative option for 7&8 – shuffle ½ turn left stepping left right left

Section 3

R forward, ½ L, hip bumps R L R, ¼ L shuffle, R forward, ¼ L

- 1-2 Step forward onto right, pivot ½ turn left (6 o'clock)
3&4 Stepping right forward bump hips right left right (travel slightly forward)
5&6 Step left ¼ left, close right next to left, step left forward (3 o'clock)
7-8 Step forward onto right, make ¼ turn left (weight left) (12 o'clock)

Section 4

Syncopated weave & heel dig, & L over, R side, ½ L, touch R

- 1&2 Cross step right over left, step left to left side, cross step right behind left
&3 Step left to left side, cross step right over left,
&4 Step left to left side, dig right heel diagonally right
&5-6 Step right next to left, cross step left over right, step right to right side
7-8 Make a ½ turn left stepping left forward, touch right next to left (6 o'clock)

END OF DANCE – NO TAGS OR RESTARTS

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