

Nothing Left

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Niels Poulsen (DK) - April 2010
音樂: Gave It All Away - Boyzone : (CD: Video version - 3:46)



Intro: 16 counts from first beat in music (app. 18 seconds into track). Start with weight on L foot

TAG: AFTER your 6th wall, facing 6:00. See tag description at bottom of step sheet

Note: This is a floor-split to Maggie Gallagher's intermediate dance 'Gave it all away' to the same music (and same version)

(1–8) R Rock Fw, R Side Rock, R Sailor Step, L Rock Fw, L Side Rock, L Sailor Step

1&2& Rock fw on R (1), recover on L (&), rock R to R side (2), recover on L (&) [12:00]
3&4 Cross R behind L (3), step L to L side (&), step R slightly fw (4) [12:00]
5&6& Rock fw on L (5), recover on R (&), rock L to L side (6), recover on R (&) [12:00]
7&8 Cross L behind R (7), step R to R side (&), step L slightly fw (8)

(9–16) Full Paddle Turn L, Full Paddle Turn R

1&2& Turn ¼ L rocking R to R side (1), recover L (&), turn ¼ L rocking R to R side (2), recover L (&) [6:00]
3&4 Turn ¼ L rocking R to R side (3), recover L (&), turn ¼ L stepping fw on R (4) [12:00]
5&6& Turn ¼ R rocking L to L side (5), recover R (&), turn ¼ R rocking L to L side (6), recover R (&) [6:00]
7&8 Turn ¼ R rocking L to L side (7), recover R (&), turn ¼ R stepping fw on L (8) [12:00]

(17–24) R Mambo, L Lock Step Back, R Coaster Step, L Mambo ¼ L

1&2 Rock fw on R (1), recover on L (&), step back on R (2) [12:00]
3&4 Step back on L (3), lock R in front of L (&), step back on L (4) [12:00]
5&6 Step back on R (5), step L next to R (&), step fw on R (6) [12:00]
7&8 Rock fw on L (7), recover on R (&), turn ¼ L stepping L to L side (8) [9:00]

(25–32) Weave, Cross Rock Side, Weave, Cross Rock Side

1&2& Cross R over L (1), step L to L side (&), cross R behind L (2), step L to L side (&) [9:00]
3&4 Cross rock R over L (3), recover on L (&), step R to R side (4) [9:00]
5&6& Cross L over R (5), step R to R side (&), cross L behind R (6), step R to R side (&) [9:00]
7&8 Cross rock L over R (7), recover on R (&), step L to L side (8) [9:00]

Start Again

TAG: AFTER your 6th wall (facing 6:00) add this 4 count tag

R Mambo Step, L Coaster Step

1&2 Rock fw on R (1), recover on L (&), step back on R (2) [6:00]
3&4 Step back on L (3), step R next to L (&), step L fw (4) [6:00]

ENDING: Ending comes on your 8th wall. Do first 8 counts of dance (facing 3:00). Turn ¼ L stepping R to R side on count 9