

Nothin' To Loose

Count: 32

Wand: 4

Ebene: Improver polka

Choreograf/in: Hélène Lancup (CAN)

Musik: Nothin' to Lose - Josh Gracin



KICK, STEP, COASTER STEP, HIP BUMPS (X3), SHUFFLE FORWARD

- 1 Kick forward on right
- 2 Step back on right
- 3&4 Step back on left, step right next to left, step forward on left
- 5&6 Hip bump on left, hip bump on right, hip bump on left
- 7&8 Shuffle forward right, left, right

KICK, STEP, COASTER STEP, SIDE SHUFFLE LEFT, ROCK BACK

- 1 Kick forward on left
- 2 Step back on left
- 3&4 Step back on right, step left next to right, step forward on right
- 5&6 Side shuffle left, right, left
- 7-8 Rock back on right and recover on left

SIDE SHUFFLE RIGHT, HALF RIGHT TURN, SIDE SHUFFLE LEFT, SAILOR SHUFFLE ON RIGHT, SAILOR SHUFFLE ON LEFT

- 1&2 Side shuffle right, left, right
- 3&4 $\frac{1}{2}$ turn right and side shuffle left, right, left
- 5&6 Cross right behind left, step left next to right, step right next to left
- 7&8 Cross left behind right, step right next to left, step left next to right

RIGHT HEEL, HOOK, SHUFFLE FORWARD, STOMP, SAILOR SHUFFLE, STEP, $\frac{1}{4}$ LEFT TURN

- 1 Right heel forward
- & Hook on right
- 2&3 Shuffle forward right, left, right
- 4 Stomp left
- 5&6 Cross right behind left, step left next to right, step right next to left
- 7 Step back on left
- 8 $\frac{1}{4}$ turn left and keep the weight on the left foot

REPEAT
