

Nothing At All

Compte: 32

Mur: 1

Niveau: High Beginner

Chorégraphe: Daniel Exton (UK) - June 2025

Musique: The Lazy Song - Bruno Mars



Intro: 32 Counts. Start at approx 22 secs.

SEC 1 WALK, WALK, SHUFFLE, ROCK, SHUFFLE BACK

- 1-2 Walk forward Right, Walk forward Left
- 3&4 Step forward Right, Left next to Right, Step forward Right
- 5-6 Rock forward on Left foot, Recover onto Right
- 7&8 Step Left back, Right next to Left, Step Left back

SEC 2 REVERSE RUMBA BOX, SIDE-BEHIND-SIDE, JAZZBOX

- 1&2 Right to Right side, Left next to Right, Right back
- 3&4 Left to Left side, Right next to Left, Left forward
- 5&6 Right to Right side, Left behind Right, Right to Right side
- 7&8 Cross Left over Right, Right back, Left to Left side

Restart Here on Wall 3

SEC 3 HEEL SWITCHES, HEEL, HOOK, HEEL, RETURN, STEP, TOUCH, STEP, TOUCH, CHASSE

- 1&2& Right heel forward, Return Right, Left Heel forward, Return Left
- 3&4& Right heel forward, Hook Right across Left, Right heel forward Return Right (Weight on L
- 5&6& Right to Right side, Left next to Right, Left to Left side, Right next to Left
- 7&8 Right to Right side, Left next to Right, Right to Right side

SEC 4 SAILOR, SHUFFLE ¼, WALK AROUND ¾ ENDING WITH TOUCH

- 1&2 Left behind Right, Right to Right side, Left to Left side
- 3&4 ¼ turn Left Step forward Right, Left next to Right, Step forward Right (9:00)
- 5-6 ¼ turn Left Step Left forward, ¼ turn Left Step Right forward (3:00)
- 7-8 ¼ turn Left Step Left forward, Touch Right next to Left (12:00)

Tag At the end of Walls 1 and 4

TOE STRUT, TOE STRUT, V-STEP

- 1-2 Right toes forward, Right down
 - 3-4 Left toes forward, Left down
 - 5-6 Right out, Left out
 - 7-8 Right in, Left in
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