

Nothin' 2 Lose

COPPER KNOB
STEPSHEETS

Compte: 64

Mur: 4

Niveau: Intermediate quickstep

Chorégraphe: Michael Diven (USA)

Musique: Nothin' to Lose - Josh Gracin



SIDE ROCK, SYNCOPATED VINE WITH ¼ TURN LEFT, ROCK, RECOVER, LEFT SHUFFLE WITH ½ TURN

- 1-2 Side rock to right, recover weight to left
- 3&4 Syncopated grapevine left cross right behind left, step left, cross right over left with ¼ turn left
- 5-6 Rock forward on left, recover right
- 7&8 Left shuffle with ½ turn left

ROCK, RECOVER, QUICK ROCK, STEP, ½ TURN RIGHT, STEP, ½ TURN LEFT

- 1-2 Rock forward on right, recover on left
- 3&4 Quick rock forward on right, back on left, forward on right
- 5-6 Step forward on left foot with ½ turn right (weight on right foot)
- 7-8 Step forward on left foot with ½ turn left, hitching right foot

STEP BACK, ½ TURN, STEP FORWARD, TOUCH RIGHT, SYNCOPATED VINE LEFT, SIDE ROCK, RECOVER

- 1-2 Step back on right foot with ½ turn left, hitching left foot
- 3-4 Step forward on left foot, hitch right foot, touch right toe forward
- 5&6 Syncopated grapevine to the left, cross right behind then over left
- 7-8 Side rock left, recover to right foot

SYNCOPATED RIGHT VINE WITH ¼ TURN RIGHT, TOUCH, HOLD, SCOOT BACK X 4

- 1&2 Syncopated vine right, cross left behind right, side right, cross left over right with ¼ turn right
- 3-4 Touch right toe forward, hold
- 5& Step back on right, scoot back hitching left foot
- 6& Step back on left, scoot back hitching right foot
- 7& Step back on right, scoot back hitching left foot
- 8& Step back on left, scoot back hitching right foot

ROCK, RECOVER, QUICK ROCK, LEFT SHUFFLE FORWARD, STEP WITH ¼ TURN LEFT

- 1-2 Step back on right (rock), recover weight to left
- 3&4 Quick rock back right, left, right
- 5&6 Left shuffle forward
- 7-8 Step forward on right foot with a ¼ turn to left (weight on right foot), hold

SYNCOPATED VINE RIGHT, TOUCH RIGHT, CROSS, ¾ UNWIND (BOUNCE 3 X), LEFT COASTER

- 1&2 Syncopated vine right, cross left behind right, step right, cross left over right
- 3-4 Touch right foot to right side, cross over left foot
- 5&6 Bounce on the balls of feet (3 times) while turning ¾ turn to left (weight on right foot)
- 7&8 Left coaster step

ROCK, RECOVER, SYNCOPATED VINE LEFT, ¾ UNWIND, TOUCH, STEP ½ TURN RIGHT

- 1-2 Side rock right, recover weight to left foot
- 3&4 Syncopated vine left, cross right behind, side step left, cross right over left
- 5-6 Unwind ¾ turn to the right (weight ends up on the left foot)
- 7-8 Rock forward on right, recover weight back to left

STEP, PIVOT ½, ROCK, RECOVER, LEFT COASTER STEP

- 1-2 Step right foot back, pivot $\frac{1}{2}$ turn right
- 3-4 Step left foot forward and pivot $\frac{1}{2}$ turn right
- 5-6 Rock forward on left foot, recover weight to right
- 7&8 Left coaster step

REPEAT
