Nothin' But Ashes

拍数: 32 **墙数:** 4 **级数:** High Beginner
编舞者: Lisa M. Johns-Grose (USA) & Donnie Allen (USA) - May 2018
音乐: Burn Out - Midland : (www.amazon.com)

**On wall 7, Re-start after 16 cts.

HEEL GRIND ¼ R- R COASTER-L ROCK FWD- REC BACK R- L COASTER

1-2	Touch right heel forward with toes facing in (left) , swivel toes to out (right) while Making a ¼ right
3&4	Step right back, step left next to right, step right forward
5-6	Rock forward on left, recover back on right
7&8	Step left back, step right next to left, step left forward

SIDE R, HOLD, BALL SIDE, POINT L, ¼ STEP L, ½ STEPPING BACK, L COASTER

1-2	Side right to right side, Hold
&3-4	Step left next to right, step right to right side, point left to left
5-6	Turn ¼ left stepping left forward, Turn ½ left stepping right back (6:00)
7&8	Step left back, step right next to left, step left forward

**** Re-start here on wall 7

R ROCK FWD- REC BACK L – SHUFFLE BACK R- L ROCK BACK -R REC FWD- L SHUFFLE FWD

1-2	Rock forward right, recover back left
3&4	Shuffle back right, left, right
5-6	Rock back left, recover forward right
7&8	Shuffle forward left, right, left

STEP HEEL TWIST, R COASTER STEP, STEP HEEL TWIST, SWEEP L 1/4 COASTER TURN L

1&2	Step forward on Right, Twist both heels Right,Twist both back to center
3&4	Step right back, Step left next to right, Step right forward
5&6	Step forward on Left, Twist both heels Right, Twist both back to center
7&8	Sweeping Left Behind Right ¼ Turn Left, step Right next to left, Step left forward

*** There is a Restart on Wall 7 after 16 Counts
You will be facing 6 o'clock. Dance 16 counts, you will then be facing the front wall and restart the dance.

Hope you enjoy! - Lisa & Donnie