

Nervous

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ronald "RONNIE" Grabs (DE) - July 2019
音乐: Nervous - Shawn Mendes



SIDE-BEHIND-SIDE-CROSS / SIDE CHASSE / BACK ROCK

1,2,3,4 step RF to R side, cross step LF behind RF, step RF to R side, cross step LF over RF,
5&6 step RF to R side, LF step next to RF, step RF to R side,
7,8 rock step LF behind RF, recover weight forward onto RF,

SIDE-BEHIND-SIDE-CROSS / SIDE CHASSE / BACK ROCK

1,2,3,4 step LF to L side, cross step RF behind LF, step LF to L side, cross step RF over LF,
5&6 step LF to L side, RF step next to LF, step LF to L side,
7,8 rock step RF behind LF, recover weight forward onto LF,

SIDE-TOUCH / SIDE-TOUCH / GRAPEVINE w. 1/4 R / BRUSH

1,2 step RF to R side, touch LF next to RF
3,4 step LF to L side, touch RF next to LF
5,6,7 step RF to R side, cross step LF behind RF, turn 1/4 to R (3:00) stepping forward RF,
8 LF brush forward,

MOD. JAZZ BOX / SIDE / OUT-OUT / HOLD w. SYNC. IN-CROSS

1,2&3 LF cross step over RF, RF step back, LF step to L side, RF cross step over LF
4 LF step to L side,

*easy option for Absolute Beginners: JAZZ BOX w. TOUCH

*1,2,3,4 LF cross step over RF, RF step back, LF step to L side, touch RF next to LF

5,6 RF step diagonally forward to R, LF step to L side,
7,8& hold position, ball of RF step back to centre, LF cross step over RF

*easy option for Absolute Beginners: IN-CROSS

*7,8 RF step back to centre, LF cross step over RF

REPEAT