

Nervous And Scared

拍数: 32 墙数: 4 级数: Improver
编舞者: John Bishop (AUS) & Karen Wilkinson (AUS)
音乐: The Last Dance - Ty England



SHUFFLE FORWARD, QUARTER PIVOT, SHUFFLE ACROSS, TURN, TURN

1&2 Shuffle forward right, left, right
3-4 Step left forward, pivot $\frac{1}{4}$ to the right
5&6 Cross shuffle left, right, left to right
7-8 Step right back turning $\frac{1}{4}$ to the left, step left to side turning $\frac{1}{4}$ to the left

REPEAT SECTION 1

1&2 Shuffle forward right, left, right
3-4 Step left forward, pivot $\frac{1}{4}$ to the right
5&6 Cross shuffle left, right, left to right
7-8 Step right back turning $\frac{1}{4}$ to the left, step left to side turning $\frac{1}{4}$ to the left

STEP, HOLD, AND-STEP, HOLD, AND-ROCK, ROCK, QUARTER TURN, SHUFFLE SIDE

1-2&3-4 Step right forward, hold, step left together, step right forward, hold
&5-6 Step left together, rock/step right forward, rock back onto left
& Turn $\frac{1}{4}$ to the right on ball of left
7&8 Shuffle right, left, right sideways to right

TOE HEEL STRUTS: ACROSS, TURN QUARTER, TURN QUARTER, QUICK STEP TOGETHER, TOE-HEEL STRUT TO LEFT SIDE

1 Cross/step ball of left across in front of right
2 Drop left heel to floor (option: click fingers)
3 Step ball of right back turning $\frac{1}{4}$ To the left
4 Drop right heel to floor (option: click fingers)
5 Step ball of left to side turning $\frac{1}{4}$ To the left
6 Drop left heel to floor (option: click fingers)
& Step right together
7-8 Step left to side, scuff right forward

REPEAT

FINISH

When the music ends do the last step/scuff to the front and then step down on the right foot for the last beat of music.
