No, Sorry, Nothin'!



拍数: 32 **塌数:** 2 **级数:** Intermediate

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音乐: My Give a Damn's Busted - Joe Diffie



HEEL HEEL, BEHIND AND CROSS, HEEL HEEL, BEHIND AND CROSS

1-2	Touch right heel to right diagonal, touch right heel to right diagonal
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3&4 Step right foot behind left, step left foot to left side, step right foot in front of left

5-6 Touch left heel to left diagonal, touch left heel to left diagonal

7&8 Step left foot behind right, step right foot to right side, step left foot in front of right

1/4 TURN 1/4 TURN HITCH, SHUFFLE LEFT, HINGE TURN LEFT HOLD, HIPS

1-2 Turn ¼ right stepping forward on right foot, turn ¼ right on right foot hitching left foot beside

right calf

Step left foot to left, step right beside left, step left foot to left

Turn ½ left (on ball of left foot) stepping right foot to right

This sets you in a posed position with the right leg straight and the left knee popped. Optional arms: bring arms toward center, up, out, and down in circular motion. End with flexed wrists, palms facing floor

6 Hold in the posed position

&7 Push right hip left & up, drop right hip to centered position &8 Push right hip left & up, drop right hip to centered position

Optional shoulders:

&7 Lift right shoulder, drop right shoulder &8 Lift right shoulder, drop right shoulder

Other shoulder will automatically move in opposition - don't think about it!

ROCK RETURN, ½ TURN SHUFFLE, ROCK RETURN, COASTER STEP

1-2 Step forward on left foot, return weight to right foot

3&4 Turn ¼ left stepping left foot to left, step right foot beside left, turn ¼ left stepping forward on

left foot

5-6 Step forward on right foot, return weight to left foot

7&8 Step back on right foot, step left beside right, step right foot forward

HEEL STEP SIDE CROSS BACK, HEEL SYNCOPATED VINE

1-4 Touch left heel forward, step left foot left, cross right over left, step back on left foot

5& Touch right heel on slight right diagonal, step right foot slightly back

6& Step left in front of right, step right foot side right

7&8 Step left foot behind right, step right foot side right, step left foot in front of right

REPEAT

On wall 3, change counts 13-16 to the following:

5 Turn ½ left (on ball of left foot) stepping right foot to right

This sets you in a posed position with the right leg straight and the left knee popped. Optional arms: bring arms toward center, up, out, and down in circular motion. End with flexed wrists, palms facing floor

6-8 Hold in the posed position

The words are: "no, sorry, nothin"

6 No: bend elbows, palms face up

7 Sorry: turn palms towards audience, lifting forearms

8 Nothin': flex wrists in disgust

Of course you are free to do whatever you want to display your "busted attitude"

On wall 6, change counts 13-16 to the following:

5 Same count 5 as above