Nothin' Lasts



拍数: 48 墙数: 4 级数: Intermediate

编舞者: Kathy Brown (USA) & Kate McLam (USA) 音乐: Nothin' Lasts Forever - Delbert McClinton



Won 2nd place in choreography at the Boogie Woogie Boot Camp

SYNCOPATED RIGHT VINE, FULL TURN, LEFT SAILOR

1-2	Stan	riaht to	ahio	etan	lott I	hahind

Step right to side, cross left in front of right, step right to right side
Turn ½ left stepping down on left, turn ½ left stepping down on right
Left sailor shuffle (step left behind right, step right to side, step left to side)

CROSS SHUFFLE LEFT, LEFT SIDE SHUFFLE, RIGHT SAILOR

9&10	Crossover shuffle (right over left, right-left-right)
11&12	Left side shuffle (left-right-left)
13&14	Right sailor shuffle (right behind left, left to side, right to side)

15&16 Left sailor shuffle (left behind right, right to side, left to side)

HALF TURN PIVOT LEFT, LEFT SHUFFLE FORWARD, ROCK 1/4 TURN RIGHT SAILOR

17-18	Step forward on right, ½ turn left with left hook over right shin
19&20	Left shuffle forward (left-right-left)
21-22	Rock forward on right, recover ¼ turn left stepping down on left
23&24	Right sailor shuffle (right behind left, left to side, right to side)

TRAVELING SAILORS, LEFT ROCK RECOVER, FULL TURN BACK

25&26	Left traveling sailor (step left behind, step right to side (45), step left forward)
27&28	Right traveling sailor (step right behind, step left to side (45), step right forward)
29-30	Rock forward on left, recover on right
31	Turning ½ left backwards, step down on left
32	Step forward on right turning ½ left (keeping weight on right)

LEFT COASTER STEP, RIGHT SHUFFLE, LEFT SHUFFLE, RIGHT KICK BALL CHANGE

33&34	Left back coaster step (left back, step right next to left, left forward)
35&36	Right shuffle step (right-left-right)
37&38	Left shuffle step (left-right-left) (option: right turning triple)
39&40	Right kick ball change (kick right, step down on right, change weight to left)
41-44	Step forward on right, hip bumps up and down (weight ends on right)
45-48	Step forward on left, hip bumps up and down (weight ends on left)

REPEAT

OPTION 1

For last eight counts, step forward and three counts tapping heel

OPTION 2

For last eight counts, step forward and do Elvis knees, wiggling knees in and out