

Nothing To Lose

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
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音乐: Nothin' to Lose - Josh Gracin



SYNCOPATED VINE TO RIGHT, CROSS UNWIND, STOMPS (2 X)

- 1 Kick right foot forward
- & Step to right on right foot
- 2 Cross left in front of right stepping weight down on left
- & Step right to right side
- 3 Cross left behind right, stepping weight down on left
- & Step right to right side
- 4 Cross left in front of right, stepping weight down on left
- & Step right to right side putting weight on right
- 5 Kick left heel to left front diagonal keeping weight on right
- & Step left home putting weight on left
- 6 Cross right in front of left with weight on right
- 7 Unwind ½ turn to left with weight transferring to left
- & Stomp right foot
- 8 Stomp left foot
- 9-16 Repeat the above steps again

KICKS, KICK BALL TOUCHES

- & Step back on right foot
- 1 Kick left out to front at diagonal
- & Step left back home
- 2 Cross right over left
- & Step back on left foot
- 3 Kick right out to front at diagonal
- & Step right back home
- 4 Cross left over right
- 5 Kick right forward
- & Step on ball on right foot
- 6 Touch left foot next to right
- 7 Kick left forward
- & Step on ball on left foot
- 8 Touch right foot next to left

MAMBO STEPS, PUSHES ¾ TURN

- 1 Step weight forward on right
- & Step weight home on left
- 2 Step weight down on right
- 3 Step weight back on left
- & Step weight home on right
- 4 Step weight down on left
- 5 Weight stays on left - push with right turning to nearest corner toward left
- 6 Weight stays on left - push with right turning to nearest corner toward left
- 7 Weight stays on left - push with right turning to nearest corner toward left
- 8 Weight stays on left - push to nearest wall toward left

Counts 5-8 is a ¾ turn to the left

REPEAT
