

Nothin'

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Christopher Steele (UK) - October 2007
音乐: Nothin' Better to Do - LeAnn Rimes : (CD: Family)



Intro: 16 counts.

Point, 1/4 Turn, Point, Coaster Step, Rock Recover, 1/2 Turn, Point, 3/4 Triple Turn.

1&2 point right to right side, 1/4 monterey turn, point left to left side.
3&4 step back on left foot, step right beside left, step left foot forward.
5&6& rock forward on right, recover on left, 1/2 turn right stepping forward on right, point left to left side
7&8 3/4 turn stepping left, right, left.

Restart here on wall 3

Side Rock Recover, Cross, Kick, 1/4 Turn Sailor Step, Full Triple Turn, Rocking Chair.

1&2& rock to side on right, recover onto left, cross right over left foot, kick left foot diagonally forward
3&4 step left behind right, 1/4 turn right stepping forward on right, step left to left side.
5&6 full turn left stepping right, left, right.
7&8& rock forward on left foot, recover onto right, rock back on left foot, recover onto right.

Option: counts 5&6 can be a right shuffle forward: step right foot forward, step left beside right, step right foot forward

Kick, Cross, Back Back, Kick, Cross, Back Back, Cross Rock Recover, Step, Touch, Chasse Right.

1&2& kick left foot forward, cross left over right, step back on right, step back on left.
3&4& kick right foot forward, cross right over left, step back on left, step back on right.
5&6& rock crossing left over right, recover on right, step left to left side, touch right beside left.
7&8 step right to right side, step left beside right, step right to right side.

Sailor Step, Behind Unwind, Sailor Step, Behind Unwind.

1&2 s tep left behind right, step right to right side, step left to left side.
3-4 l ock right behind left, unwind 1/2 turn turning right.
5&6 r epeat counts 1&2
7-8 l ock right behind left, unwind 3/4 turn turning right.

Kick Ball Change, Kick Back, Step Out, Step Out, Cross Rock Recover 1/4 Turn, Rock Recover 1/2 Turn

1&2 kick right foot forward, step right foot back as you lift the left foot off the ground, replace left foot.
&3&4 kick right foot forward, step right foot back, step left to left side, step right to right side.
5&6 rock crossing left over right, recover onto left, 1/4 turn left stepping forward on left.
7&8 rock right foot forward, recover onto left, 1/2 turn right stepping forward on right.

Rocking Chair, Shuffle Forward, 1/2 Triple Turn, Full Triple Turn.

1&2& rock forward on left foot, recover onto right, rock back on left foot, recover onto right.
3&4 step left foot forward, step right beside left, step right foot forward.
5&6 1/2 turn left stepping right, left, right.
7&8 full turn traveling forward stepping left, right, left.

Option: counts 7&8 can be a left shuffle forward: step forward on left, step right beside left, step forward on left

Chasse Right, Sailor Step, Rock Recover, Step, Rock Recover, Touch.

1&2 step right to right side, step left beside right, step right to right side.

3&4	step left behind right, step right to right side, step left to left side.
5&6	rock crossing right over left, recover on left, step right to right side.
7&8	rock crossing left over right, recover on right, step left to left side.

Begin again.

RESTART:

There is 1 restart and it occurs on wall 3 after counts 1-8.
