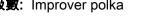
# Nothin' To Loose



拍數: 32 牆數: 4 級數: Improver polka

編舞者: Hélène Lancup (CAN) 音樂: Nothin' to Lose - Josh Gracin





## KICK, STEP, COASTER STEP, HIP BUMPS (X3), SHUFFLE FORWARD

Kick forward on right 2 Step back on right

3&4 Step back on left, step right next to left, step forward on left 5&6 Hip bump on left, hip bump on right, hip bump on left

7&8 Shuffle forward right, left, right

## KICK, STEP, COASTER STEP, SIDE SHUFFLE LEFT, ROCK BACK

1 Kick forward on left 2 Step back on left

3&4 Step back on right, step left next to right, step forward on right

Side shuffle left, right, left 5&6

7-8 Rock back on right and recover on left

## SIDE SHUFFLE RIGHT, HALF RIGHT TURN, SIDE SHUFFLE LEFT, SAILOR SHUFFLE ON RIGHT, SAILOR SHUFFLE ON LEFT

1&2 Side shuffle right, left, right

3&4 ½ turn right and side shuffle left, right, left

5&6 Cross right behind left, step left next to right, step right next to left 7&8 Cross left behind right, step right next to left, step left next to right

## RIGHT HEEL, HOOK, SHUFFLE FORWARD, STOMP, SAILOR SHUFFLE, STEP, 1/4 LEFT TURN

1 Right heel forward & Hook on right

2&3 Shuffle forward right, left, right

4 Stomp left

5&6 Cross right behind left, step left next to right, step right next to left

7 Step back on left

8 1/4 turn left and keep the weight on the left foot

#### REPEAT