

Nobody

拍數: 64 牆數: 2 級數: Advanced
編舞者: Roy Verdonk (NL) & Wil Bos (NL) - December 2009
音樂: Nobody - Wonder Girls



32 count intro.

Section 1: Scuff, Step, Toe/Heel/Toe Swivel, Modified Monterey 1/2, Mambo Cross

- 1 - 2 Scuff right beside left. Step right to right side.
- 3 & 4 Swivel right toes to left. Swivel right heel to left. Swivel right toes to left.
- 5 - 6 Touch right toes to right. Make 1/2 turn right stepping right beside left.
- 7 & 8 Rock left to left side. Rock back on right. Cross left over right. (6:00)

Section 2: Step Touch, Hold, Rock & Cross, 1/4 Turn, 1/2 Turn, Right Shuffle Forward

- & 1 - 2 Step right small step to right. Touch left beside right. Hold.
- 3 & 4 Rock to left side on left. Step right beside left. Cross left over right.
- 5 - 6 Make 1/4 turn left stepping right back. Make 1/2 turn left stepping left forward.
- 7 & 8 Step right forward. Close left beside right. Step right forward. (9:00)

Section 3: Step 3/4 Sweep, Behind Side Cross, 1/4 Turn Left, 1/2 Turn, 1/2 Turn Shuffle

- 1 - 2 Step left forward. Make 3/4 turn right, sweeping right from front to back.
- 3 & 4 Cross right behind left. Step left to left side. Cross right over left.
- 5 - 6 Step left 1/4 turn left. Make 1/2 turn left and step back onto right.
- 7 & 8 Make 1/2 turn left and shuffle forward, stepping - Left, Right, Left. (3:00)

Section 4: Step, Hitch 1/4 Turn, Cross Touch x 2, Hip Bumps

- 1 - 2 Step right forward. Hitch left knee whilst making 1/4 turn right.
- 3 - 4 Cross left over right. Touch right to right side.
- 5 - 6 Cross right over left. Touch left to left side.
- 7 & 8 Bump hips - right, left, right.

Option Counts 7 & 8: arms above head, right hand holding left.

Section 5: Sailor Step, Touch, 1/2 Turn, Back, Touch, Step 1/4 Touch

- 1 & 2 Cross left behind right. Step right to right side. Step left to place.
- 3 - 4 Touch right toe back. Make 1/2 turn right (weight stays on left).
- 5 - 6 Step right back. Touch left back.
- 7 - 8 Step left forward. Make 1/4 turn left touching right to right side. (9:00)

Section 6: Cross Heel Jack x 2, Knee Pops, Shoulder Shrug, Heel Split Out/In

- 1 & Cross right over left. Step left diagonally back left.
- 2 & Touch right heel diagonally forward right. Step right beside left.
- 3 & Cross left over right. Step right diagonally back right.
- 4 & Touch left heel diagonally forward left. Step left beside right.
- 5 & Touch right toe forward. Pop both knees forward and raise heels from floor.
- 6 & 7 Drop heels to floor and straighten knees. Pull shoulders up. Drop shoulders down.
- & 8 Split heels apart. Return heels to centre (weight stays on left).

Section 7: Step, 1/2 Turn, 1/2 Turn Lock Step Back, Back Rock, Step, Lock, Unwind 1/2

- 1 - 2 Step right forward. Make 1/2 turn left stepping left forward.
- 3 Turn 1/4 left stepping right to side.
- & 4 Turn 1/4 left stepping left back across right. Step right back.
- 5 - 6 & Rock left back. Recover onto right. Step left forward.

7 - 8 Lock right behind left. Unwind 1/2 turn right (weight onto right). (3:00)

Section 8: Step Back, Touch, Hold (x 2) Ball, Step, 1/2 Turn, Step, 1/4 Turn

& 1 - 2 Step left small step back. Touch right beside left. Hold.

& 3 - 4 Step right small step back. Touch left beside right. Hold.

& 5 - 6 Step left in place. Step right forward. Make 1/2 turn left stepping left forward.

7 - 8 Step right forward. Make 1/4 turn left stepping left slightly to left. (6:00)

Tag End of Wall 5: Scuff Out Out, Toes Heels Toes

1 & 2 Scuff right beside left. Step right out to right side. Step left out to left side.

Note Feet should be shoulder width apart.

3 & 4 Both feet, swivel toes in. Swivel heels in. Swivel toes in.
