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Nothin To Lose

32 count, 4 wall, beginner/intermediate level
Choreographer: Nancy A. Morgan (US) Oct 04
Choreographed to: Nothin to Lose by Josh Gracin
CD: Josh Gracin, 120 bpm

SWIVEL RIGHT, SWIVEL LEFT, KICK-BALL-CHANGE, STEP TO SIDE, STEP LEFT NEXT TO RIGHT

- 1&2 Swivel Right heel to Right, then Toes, then Heels
3&4 Swivel Left heel to Left, then Toes, then Heels
5&6 Kick-Ball-Change – Kick Right foot slightly forward, Step Right next to Left as you lift Left off of floor, Put Left next to Right
7,8 Step Right to Right side, Step Left next to Right

SWIVEL LEFT, SWIVEL RIGHT, KICK-BALL-CHANGE, STEP FORWARD, SLIDE RIGHT INSTEP TO LEFT HEEL

- 1&2 Swivel Left heel to Left, then Toes, then Heels
3&4 Swivel Right heel to Right, then Toes, then Heels
5&6 Kick-Ball-Change – Kick Right foot slightly forward, Step Right next to Left as you lift Left off of floor, Put Left next to Right
7,8 Step forward on Right, Slide Left instep to Right heel

BOUNCE FORWARD ON HIP, BACK ON HIP, ROLL HIPS TWICE

- 1,2 Bounce two times on Right hip
3,4 Bounce two times on Left hip
5,6 Roll hips from front to back in a circle (Wash the bowl!)
7,8 Roll hips from front to back in a circle (Wash the bowl!)

SHUFFLE FORWARD, ¼ TURN, SHUFFLE FORWARD, ROCK FORWARD AND BACK

- 1&2 Shuffle forward – Right, Left, Right
3,4 Step Left foot forward, pivot ¼ turn to Right (Weight is on Right)
5&6 Shuffle forward – Left, Right, Left
7&8 Rock-Step forward on Right and back on Left, put Right next to Left (weight ends on Right)

START OVER!