

## Nothin' In It

32 Count, 4 Wall, Improver

Choreographer: Rep Ghazali-Meaney (UK) April 2015

Choreographed to: Back Of My Mind by Jamie McDell ft. Rai Thistlethwayte - 116 BPM

---

### 16 count intro start on vocals

#### **S1 SKATE L & R, L SHUFFLE FWD, R FWD MAMBO, L SIDE ROCK ¼ TURN-RECOVER R**

1-2 skate forward Left, skate forward Right  
3&4 step forward Left, step Right together, step forward Left  
5&6 rock forward Right, recover on Left, step back Right  
7-8 ¼ turn Left rock Left to Left side, recover on Right (9)

#### **S2 L BEHIND-SIDE-CROSS, R CROSS POINT-R SIDE POINT, R BEHIND-SIDE-CROSS, L SIDE ROCK-R RECOVER ¼ TURN R,**

1&2 step Left behind Right, step Right to Right side, cross Left over Right  
3-4 point Right across Left, point Right to Right side  
5&6 step Right behind Left, step Left to Left side, cross Right over Left  
7-8 rock Left to Left side, ¼ turn Right recover on Right (12)

**Restart: 4th wall – restart facing 9 o'clock wall**

#### **S3 L FWD-HOLD, L BALL STEP-SWEEP R, R CROSS-L BACK, R ¼ SHUFFLE**

1-2 step forward Left, hold  
&3-4 step Right beside Left, step forward Left, sweep on Right from back to front  
5-6 cross Right over Left, step back Left  
7&8 step Right to Right side, step Left together, ¼ turn Right stepping forward on Right (3)

#### **S4 L FWD-½ PIVOT, L SHUFFLE FWD, R SHUFFLE ½ TURN, L ROCK BACK-RECOVER**

1-2 step forward Left, ½ pivot turn Right (9)  
3&4 step forward Left, step Right together, step forward Left  
**Optional ending: 11th wall (3 o'clock) then add Right shuffle forward & Left rocking chair**  
5&6 ½ turn Left by stepping back on Right, step Left together, step back Right (3)  
7-8 rock back Left, recover on Right (3)

**Restart: 4th wall (9 o'clock Wall) – dance up to count 16 & Restart facing 9 o'clock wall**

**Optional ending: 11th wall ( 3 o'clock Wall) – dance up to count 28 then add Right shuffle forward to face the front and Left rocking chair...ta da!**