

Nerves Of Steel

44 Count, 2 Wall, Intermediate (NC2S)

Choreographer: Rep Ghazali-Meaney (UK) Jan 2016

Choreographed to: Heart Half Empty by Ty Herndon & Stephanie Bentley

10 count intro start on vocal

- [01-09] R BASIC, L SIDE-R BEHIND- $\frac{1}{4}$ TURN L, SPIRAL $\frac{3}{4}$ TURN L, L SIDE-TOGETHER-L DIAGONAL FORWARD, R MAMBO $\frac{1}{2}$ TURN**
- 1-2& big step Right to Right side, rock back Left, recover on Right
3-4& big step Left to Left side, step Right behind Left, $\frac{1}{4}$ turn Left stepping forward Left (9)
5 step forward Right and make a spiral $\frac{3}{4}$ turn Left and weight still on Right (12)
6&7 step Left to Left side, step Right together, step diagonally forward Left on Left (10.30)
8&1 rock forward Right, recover on Left, step forward Right to face opposite Right corner (4.30)
- [10-17] PRISSY WALK L & R. L SWEEP CROSS-BACK-BACK DRAG, R BEHIND-SIDE-FWD, L STEP- $\frac{1}{2}$ TURN-STEP**
- 2-3 cross walk Left over Right, cross walk Right over Left (4.30)
4&5 sweep and cross Left over Right, step back Right, big step back on Left and dragging Right together (4.30)
6&7 step Right behind Left, step forward Left to face Left corner (1.30), step forward Right (1.30)
8&1 step forward Left, $\frac{1}{2}$ pivot turn Right to face the opposite corner (7.30), step forward Left (7.30)
- [18-24] FULL TURN L, STEP- $\frac{1}{2}$ PIVOT, R RUN-L RUN-R ROCK FWD, RECOVER L-& $\frac{1}{2}$ TURN L, FULL SPIRAL L**
- 2&3& $\frac{1}{2}$ turn Left stepping back Right (1.30), $\frac{1}{2}$ turn Left stepping forward Left (7.30), step forward Right, $\frac{1}{2}$ pivot turn Left (1.30)
4&5 run small step forward Right, run small step forward Left, rock forward Right (1.30)
6&7 recover on Left (1.30), step Right together, make $\frac{1}{2}$ turn Right as you step forward on Left to face the opposite corner (7.30)
8 step forward Right and make a spiral full turn Left and weight still on Right (7.30)
- [25-32] L SHUFFLE FWD, R SWEEP CROSS-L SIDE-R TOUCH, R BUMP-L BUMP-R SIDE, WEAVE R TOUCH**
- 1&2 step forward Left, step Right together, step forward Left (7.30)
3&4 sweep Right and cross step over Left, $\frac{1}{8}$ turn Left squaring to back wall stepping Left to Left side, touch Right together (6)
5&6 with Right touching Left do hip bump to Right, hip bump to Left, big step Right to Right side
7&8& cross Left behind Right, step Right to Right, cross Left over Right, touch Right together (6)
Restart: 2nd wall
- [33-40] R BASIC & L BASIC, R FWD, L STEP- $\frac{1}{2}$ TURN- $\frac{1}{2}$ TURN, R ROCK BACK-RECOVER**
- 1-2& big step Right to Right side, rock back Left, recover Right
3-4& big step Left to Left side, rock back Right, recover Left
5 step forward Right
6&7 step forward Left, $\frac{1}{2}$ pivot turn Right, $\frac{1}{2}$ turn Right stepping back on Left
8& rock back Right, recover on Left (6)
- [41-44] PRISSY WALK R & L, R FWD- $\frac{1}{2}$ PIVOT X2**
- 1-2 cross walk Right over Left, cross walk Left over Right
3&4& step forward Right, $\frac{1}{2}$ pivot turn Left, step forward Right, $\frac{1}{2}$ pivot turn Left (6)