

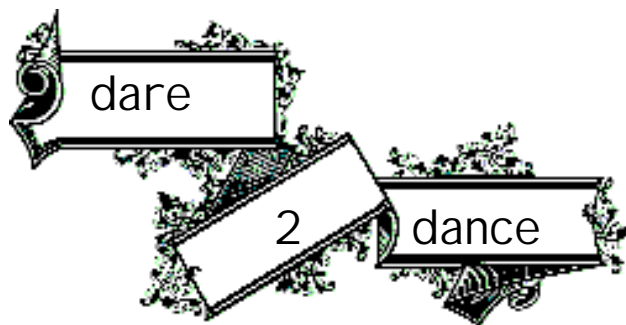
Nothin' 2 Lose

Choreographed by Michael Diven (August 2004)

Description: 64 count, 4 wall line dance

Level: Intermediate

Music Suggestions: "Nothing To Lose" by Josh Gracin



Side Rock, Syncopated Vine w/ ¼ Turn Left, Rock, Recover, Left Shuffle w/ ½ Turn

- 1-2 Side rock to right, recover weight to left
- 3&4 Syncopated grapevine left cross right behind left, step left, cross right over left with ¼ turn left
- 5-6 Rock forward on left, recover weight to right
- 7&8 Left shuffle with ½ turn left

Rock, Recover, Quick Rock, Step, ½ Turn Right, Step, ½ Turn Left

- 1-2 Rock forward on right, recover weight back to left
- 3&4 Quick rock forward on right, back on left, forward on right
- 5-6 Step forward on left foot with ½ turn right (weight on right foot)
- 7-8 Step forward on left foot with ½ turn left, hitching right foot

Step Back, ½ Turn, Step Forward, Touch Right, Syncopated Vine Left, Side Rock, Recover

- 1-2 Step back on right foot with ½ turn left, hitching left foot
- 3&4 Step forward on left foot, hitch right foot, touch right toe forward
- 5&6 Syncopated grapevine to the left, cross right behind left, step left to left, cross right over left
- 7-8 Side rock left, recover weight to right foot

Syncopated Right Vine with ¼ Turn Right, Touch, Hold, Scoot Back x 4

- 1&2 Syncopated vine right, cross left behind right, side step right, cross left over right with ¼ turn right
- 3-4 Touch right toe forward and hold 1 count
- 5& Step back on right, scoot back hitching left foot
- 6& Step back on left, scoot back hitching right foot
- 7& Step back on right, scoot back hitching left foot
- 8& Step back on left, scoot back hitching right foot

Rock, Recover, Quick Rock, Left Shuffle Forward, Step with ¼ Turn Left

- 1-2 Step back on right (rock), recover weight back to left
- 3&4 Quick rock back, right, left, right
- 5&6 Left shuffle forward
- 7-8 Step forward on right foot with a ¼ turn to the left (weight on right foot), hold

Syncopated Vine Right, Touch Right, Cross, ¾ Unwind, Bounce x3, Left Coaster Step

- 1&2 Syncopated grapevine right, cross left behind right, step right, cross left over right
- 3-4 Touch right foot to right side, cross over left foot
- 5&6 Bounce on the balls of feet (3 times) while turning ¾ turn to the left (weight ends on right foot)
- 7&8 Left coaster step

Rock, Recover, Syncopated Vine Left, ¾ Unwind, Touch, Step, ½ Turn Right

- 1-2 Side rock right, recover weight back to left foot
- 3&4 Syncopated vine left, cross right behind, side step left, cross right over left
- 5-6 Unwind ¾ turn to the right (weight ends up on the left foot)
- 7-8 Touch right foot forward, step back on right, pivot ½ turn right

This step sheet is provided by Michael Diven – Instructor/Choreographer for Dare2dance.net
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Step, Pivot ½, Rock, Recover, Left Coaster Step

- 1-2 Step left foot forward and pivot ½ turn right
- 3-4 Rock forward on left foot, recover weight back to right foot
- 5&6 Left coaster step

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