

# NOTHIN TO LOSE

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Nancy A. Morgan

**Music:** Nothin' To Lose by Josh Gracin

## 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)

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=32817](https://www.linedance.com/index.php?f=dance_view&id=32817)