

Nothin' In It

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Rep Ghazali -Meaney, Scotland (April 2015)

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

#16 count intro start on vocals

**[01-08] SKATE L & R, L SHUFFLE FWD, R FWD MAMBO, L SIDE ROCK ¼ TURN-RECOVER
R**

1-2skate forward Left, skate forward Right

3&4step forward Left, step Right together, step forward Left

5&6rock forward Right, recover on Left, step back Right

7-8¼ turn Left rock Left to Left side, recover on Right (9)

**[09-16] L BEHIND-SIDE-CROSS, R CROSS POINT-R SIDE POINT, R BEHIND-SIDE-CROSS, L
SIDE ROCK-R RECOVER ¼ TURN R,**

1&2step Left behind Right, step Right to Right side, cross Left over Right

3-4point Right across Left, point Right to Right side

5&6step Right behind Left, step Left to Left side, cross Right over Left

7-8rock Left to Left side, ¼ turn Right recover on Right (12)

Restart: 4th wall - restart facing 9 o'clock wall

[17-24] L FWD-HOLD, L BALL STEP-SWEEP R, R CROSS-L BACK, R ¼ SHUFFLE

1-2step forward Left, hold

&3-4step Right beside Left, step forward Left, sweep on Right from back to front

5-6cross Right over Left, step back Left

7&8step Right to Right side, step Left together, ¼ turn Right stepping forward on Right (3)

[25-32] L FWD-½ PIVOT, L SHUFFLE FWD, R SHUFFLE ½ TURN, L ROCK BACK-RECOVER

1-2step forward Left, ½ pivot turn Right (9)

3&4step forward Left, step Right together, step forward Left

Optional ending: 11th wall (3 o'clock) then add Right shuffle forward & Left rocking chair

5&6½ turn Left by stepping back on Right, step Left together, step back Right (3)

7-8rock 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!