

NOTHIN' TO PROVE

LINEDANCE.COM

Count: 64

Wall: 4

Level: beginner/intermediate two step

Choreographer: Rebel Roz

Music: Standing On A Rock by Rodney Crowell

STEP $\frac{3}{4}$ STEP HOLD, COASTER STEP HOLD

1-4 Step forward right $\frac{3}{4}$ turn left, step on right hold

5-8 Left coaster step, hold

RIGHT HEEL HOOK RIGHT HEEL FLICK, TOUCH OUT IN, HITCH

1-4 Right heel forward, hook in front of left, right heel forward, flick right foot to right side

5-8 Touch right toe forward, twist heels out, left to left, right to right, bring back to center, hitch right knee up

STEP RIGHT LOCK STEP HOLD, STEP $\frac{1}{2}$ TOUCH HOLD

1-4 Step right lock step hold

5-8 Step forward left pivot $\frac{1}{2}$ turn right, touch left beside right hold

LEFT HEEL HOOK LEFT HEEL FLICK, TOUCH OUT IN, HITCH

1-4 Left heel hook, left heel flick

5-8 Left toe forward, twist heels out, left to left right to right, return to center, hitch left knee

LEFT LOCK STEP HOLD, ROCK $\frac{1}{2}$ STEP HOLD

1-4 Left lock step hold

5-8 Rock forward on right replace on left, turn $\frac{1}{2}$ right, step on right, hold

$\frac{1}{2}$ TURN STEP HOLD STEP BACK HOLD COASTER STEP HOLD

1-4 $\frac{1}{2}$ turn right step back onto left hold, step back on right hold

5-8 Left coaster step hold

SIDE STRUT, CROSS STRUT, BACK STEP CROSS HOLD

1-4 Right side strut, cross left strut

5-8 Step right back, step left to left side cross right over left

SIDE STRUT CROSS STRUT, BACK STEP CROSS

1-8 Repeat 1-8 leading left foot

REPEAT

ENDING

On the last wall, facing 9:00, rock $\frac{1}{4}$ turn. Face the front. Hold

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=32824