

NOTHIN' TO LOOSE

LINEDANCE.COM

Count: 32

Wall: 4

Level: beginner/intermediate polka

Choreographer: Hélène Lancup

Music: Nothin' To Lose by Josh Gracin

KICK, STEP, COASTER STEP, HIP BUMPS (X3), SHUFFLE FORWARD

- 1 Kick forward on right
- 2 Step back on right
- 3&4 Step back on left, step right next to left, step forward on left
- 5&6 Hip bump on left, hip bump on right, hip bump on left
- 7&8 Shuffle forward right, left, right

KICK, STEP, COASTER STEP, SIDE SHUFFLE LEFT, ROCK BACK

- 1 Kick forward on left
- 2 Step back on left
- 3&4 Step back on right, step left next to right, step forward on right
- 5&6 Side shuffle left, right, left
- 7-8 Rock back on right and recover on left

SIDE SHUFFLE RIGHT, HALF RIGHT TURN, SIDE SHUFFLE LEFT, SAILOR SHUFFLE ON RIGHT, SAILOR SHUFFLE ON LEFT

- 1&2 Side shuffle right, left, right
- 3&4^{1/2} turn right and side shuffle left, right, left**
- 5&6 Cross right behind left, step left next to right, step right next to left
- 7&8 Cross left behind right, step right next to left, step left next to right

RIGHT HEEL, HOOK, SHUFFLE FORWARD, STOMP, SAILOR SHUFFLE, STEP, 1/4 LEFT TURN

- 1 Right heel forward
- & Hook on right
- 2&3 Shuffle forward right, left, right
- 4 Stomp left
- 5&6 Cross right behind left, step left next to right, step right next to left

7 Step back on left

8 $\frac{1}{4}$ turn left and keep the weight on the left foot

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=32816