

NOTHING TO LOSE

SONG: NOTHING TO LOSE
ARTIST: SAINT NOMAD
ALBUM/SINGLE SINGLE
CHOREOGRAPHER: JULIE DOWSE (SYD AUST, MARCH, 2021)
ORIGINAL POSITION: FEET TOGETHER, WEIGHT ON L - 8 COUNT INTRO

BEATS: STEPS: FOUR WALL INTERMEDIATE LINEDANCE

SEQUENCE: A,A,B A,A,B B,A,TAG B,B

PART A

- 1-8 STEP R FWD, LOCK L BEHIND R, BACK COASTER ON R,
 $\frac{1}{4}$ TURN R - L TOE OUT TO L, L HEEL DOWN, $\frac{1}{2}$ HINGE R, STEP L
BESIDE R
- 1,2,3&4 Step R fwd, lock step L behind R, step back on R, & step
L beside R, step R fwd
- 5,6,7,8 $\frac{1}{4}$ turn R - L toe to L (Wt on toe), drop wt to L foot (3.00)
 $\frac{1}{2}$ hinge over R stepping R to R,
step L beside R. (9.00)
- 9-16 ROCK R TO R, REPLACE WGT TO L, VINE TO L - (STEPPING R
BEHIND), LUNGE L FWD, REPLACE WT BACK TO R, & STEP L
BESIDE R, CROSS R OVER L, $\frac{1}{4}$ TURN R STEPPING BACK L
- 1,2,3&4 Rock/Step R to R, replace Wt to L, cross R behind L, step
to L, cross/step R over L.
- 5,6&7,8 Lunge fwd L, replace Wt back to R, & step L beside R,
Cross/step R over L, $\frac{1}{4}$ turn R stepping back L. (12.00)
- 17-24 ROCK R BACK, REPLACE WT TO L, SIDE SHUFFLE - R,L,R,
BOX STEP L OVER R, CROSS/STEP R OVER L TAKING WT ONTO R.
- 1,2,3&4 Rock/step R back, replace Wt to L, R side shuffle -
R,L,R
- 5,6,7,8 Cross/step L over R, step back R, Step L TO L,
Cross/step R over L, taking Wt onto R (12.00)
- 25-32 $\frac{1}{2}$ UNWIND OVER L STEP FWD ON L, STEP R BESIDE L,
SHUFFLE BACK L, ROCK/STEP R TO R SIDE, REPLACE WT TO L,
CROSS/STEP R OVER L, UNWIND $\frac{3}{4}$ L TAKING WT ONTO L.
- 1,2,3&4 $\frac{1}{2}$ unwind over L stepping fwd L, step R beside L,
Shuffle back L,R,L (6.00)
- 5,6,7,8 Rock/step R to R side, replace Wt to L, cross/step R over
L, $\frac{3}{4}$ unwind over L taking Wt onto L. (9.00)

