

Nothing to Lose (无所失去)

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Janet (Zhen Zhen) Ge (CN) - September 2025

Music: Nothing to Lose - Michael Learns to Rock

Intro: 16 counts

Section 1 Forward/Sweep, Cross-Side-Behind/Sweep, Behind, Side, 1/8 L Rock, 1/2 R Forward, Spiral Full Turn R, Forward, Tog

12& Step right forward sweep left from back to front, cross left over right, step right to side
34& Cross left behind right sweeping right from front to back, cross right behind left, step left to side
56& 1/8 Turn L rocking right forward (10:30), recover on left, 1/2 turn R stepping right forward (4:30)
78& Step left forward spiral full turn R, step right forward, step left next to right

Section 2 Forward/Sweep, Cross, 1/8 L Back, 1/2 L Forward, 1/4 L Scissors, 1/4 Rack, 1/4 R Side, Point, 1/4 L Sweep

1 Step right forward sweeping left from back to front
2&3 Cross left over right, 1/8 turn L stepping right back (3:00), 1/2 turn L stepping left forward (9:00)
4&5 1/4 Turn L stepping right to side (6:00), step left together, cross right over left
6&7 1/4 Turn R stepping left back (9:00), 1/4 turn R stepping right to side (12:00), point left to side
8 1/4 Turn L stepping forward sweep right from back to front (9:00)

(*Restart Here See Below)

Section 3 1/8 L Rock, 1/4 R Side, Cross, 1/4 L Back, Back, Hook, Forward (x2), 1/8 L Rock, Cross

12& 1/8 Turn L rocking right forward (7:30), recover on left, 1/4 turn R stepping right to side (10:30)
34& Cross left over right, 1/4 turn L stepping right back (7:30), step left back
56 Hook right front left, step right forward
7&8& Step left forward, 1/8 turn L rocking right to side (6:00), recover on left, cross right over left

Section 4 NC Basic Step, Sway R-L-R, Back/Sweep (x2), Coaster Step, Drag

12& Big step left to side, step right behind left, cross left over right
34& Step right to side with sway to R, sway L, sway R
56 Step left back sweeping right from front to back, step right back sweeping left from front to back
7&8& Step left back, step right together, step left forward, drag right toward to left

Start again!

Restart1: After 16 counts on W2, 1/4 turn L Facing to 12:00

Restart2: After 16 counts on W5, 1/4 turn L Facing to 6:00

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