

NOTHING MORE NOTHING LESS

Music: Prandi Sound All Stars Serenade Vol.7
www.wrdmusic.com Track # 18 Time 2:51
Available from choreographer

Rhythm: **Waltz Phase: V+2** (Outsd Spin & Double Twist + Chkd Reverse & Slip)

Footwork: **Opposite, except where (Noted)**

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Sequence: **INTRO AB AB A(9-15) END**



INTRO

01-04 CP DLW LD FT FREE WAIT 2 MEASURES ; ; FORWARD HOVER ; BOX FINISH ;

{Wait} In CP DLW lead foot free wt 2 meas ; ; **{Fwd Hover}** Fwd L, fwd R w/ rise, rec L to CP DLW ; **{Box Finish}** Bk R, sd & bk L trng 1/4 LF, cl R to CP DLC ;

PART A

01-04 VIENNESE TURNS ; ; HOVER TELE ; OP NATURAL ;

{Viennese Trns} Fwd L stg LF trn, sd R cont trn, lk Lif to fc RLOD (*W bk R stg LF trn, sd L cont trn, cl R*) ; Bk R cont LF trn, sd L cont trn, cl R (*W fwd L cont LF trn, sd R cont trn, lk Lif*) to CP DLW ; **{Hover Tele}** Fwd L, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; **{OP Nat}** Fwd R stg RF trn, cont trn sd & bk L, bk R (*W bk L trng RF, fwd R between man's feet, fwd L*) to BJO DRC ;

05-08 OUTSIDE SPIN & DOUBLE TWIST ; ; ; BOX FINISH ;

(Outsd Spin & Double Twist) Trng bdy strongly RF bk L, trng strongly RF fwd R heel to toe, contg trn on R toe sd & bk L (*W trng RF fwd R heel to toe outsd M, contg trn cl L & pvt on toes of both ft, compg trn fwd R btw M's ft*) to CP RLOD ; M XRIBL w/partial gt/unwind RF ch wgt to R, cont turn, stp sd L DW (*W fwd L/R around M, fwd L turn RF to fc DC, cl R*) ; M XRIBL w/partial wgt/unwind RF ch wgt to R, cont turn, stp sd L (*W fwd L/R around M, fwd L turn RF to fc DC, cl R*) to DLW ; **{Box Finish}** Repeat meas 4 INTRO ;

09-12 OP REVERSE TURN ; HOVER CORTE ; BACK HOVER to SCP ; WING to SCAR ;

{OP Rev Trn} Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (*W bk R stg LF trn, cont trn sd L, fwd R outsd ptr*) to BJO RLOD ; **{Hov Corte}** Bk R stg 1/2 LF trn, cont trn sd & fwd L rising & compg trn, rec R to BJO DLW ; **{Bk Hover to SCP}** Bk L, bk R risg, rec L (*W fwd R, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R*) to SCP DLW ; **{Wing to SCAR}** Fwd R twd DLC, draw L, trn upper body LF (*W Xing in frt of M fwd L, fwd R, fwd L trng upper body LF*) to SCAR DLW ;

13-16 CHECK RECOVER SIDE to BJO and SCAR ; ; ; CROSS HOVER to SCP ; CHAIR & SLIP ;

{Ck Rec Sd to BJO and SCAR} XLif (*W XRib*) chkg, rec R, sd L to BJO ; XRif (*W XLib*) chkg, rec L, sd R to SCAR ; **{Cross Hover to SCP}** XLif, sd R hvrg, rec L (*W XRib, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ; **{Chair & Slip}** Ck fwd R w/bent knee, rec L w/ slight LF trn, sm bk R (*W ck fwd L, rec R swvlg 5/8 LF, fwd L*) to CP DLC ;

PART B

01-04 DIAMOND TURN ; ; ; ;

{Diamond Turn} Staying in BJO thruout fwd L trng LF, compg 1/4 LF trn sd R, bk L ; Trng LF bk R, compg 1/4 LF trn sd L, fwd R ; Trng LF fwd L, compg 1/4 LF trn sd R, bk L ; Bk R in BJO trng LF, sd L compg 1/4 LF trn, fwd R to CP DLC ;

05-08 CHECKED REVERSE & SLIP ; HOVER CROSS w/ SYNCOPATED ENDING ; ; DOUBLE REVERSE SPIN :

{Ckd Rev Slip} Fwd L, fwd R trng LF rising strongly & chkg (*W heel trn*), trng RF slip L bk sml step to end CP DLW ; **{Hov Cross w/ Syncop End}** Fwd right beg RF trn, sd L cont RF trn, fwd R (*W sm bk L com RF trn, fwd R btw M's ft heel to toe pvtg 1/2 RF, sd & bk L*) to SCAR DLW ; Fwd L small step high on toes in SCAR , rec R, blending briefly to CP sd L, XRif to BJO DLC ; **{Double reverse Spin}** Fwd L comg LF trn, sd R cont LF trn, spin LF on ball of R bringing L beside R w/ no wgt & keepg knees flexed (*W bk R com LF trn on R heel, cont trn on R heel & cl L/ sd & bk R contg trn, XLif*) to CP DLW ;

09-12 WHISK ; WEAWE to BJO ; ; OP NATURAL :

{Whisk} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib cont to full rise ; **{Weave 6 to BJO}** Fwd R, fwd L begin LF trn, sd R DRC ; Bk L twd LOD in BJO, bk R trng LF in mom CP, sd & fwd L to BJO DLW ; **{OP Natural}** Repeat meas 4 Part A ;

13-16 OUTSIDE SPIN to a TURNING LOCK BJO ; ; OP NATURAL ; HESITATION CHANGE :

{Outsd Spin} Repeat meas 5 Part A ; **{Trng Lk to BJO}** Bk R with right sd lead lk Lif, bk & slightly sd R trn 1/4 LF, sd & fwd L compg trn (*W fwd L with left sd lead lk Rib, fwd & slightly sd L trn 1/4 LF, sd & bk R compg trn*) to BJO DLW ; **{OP Natural}** Repeat meas 4 Part A ; **{Hesitation Chng}** Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

REPEAT PARTS A,B

REPEAT PART A (09-15)

ENDING

01 THRU to a HINGE ;

{Thru to a Hinge} Thru R, fwd & sd L w/strong LF body trn & stretch trailing leg extended, hold (*W fwd L comm LF trn, sd R, XLIB/extend R*);