

Nothing to Prove

Choreographed by **Heather Frye**, Tecumseh, ON, Canada
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54 Count, 4 Wall Intermediate Phrased Waltz

Choreographed to: **You and Me** by Lifehouse (begin on vocals - 24 counts in)

- 1 - 6** **Forward balance, 1/2 Ariel Ronde**
1, 2, 3 Step right forward, Step in place left, right
4, 5, 6 Step left forward, Swing right left from back to front lifted from floor starting to turn 1/2 left, Complete turn with weight on left
- 7 - 12** **Forward step sweeps**
1, 2, 3 Step forward onto right, Sweep left foot from behind, Cross left foot in front of right
4, 5, 6 Cross step left across right, Sweep right foot from behind, Cross right foot in front of left
- 13 - 18** **Twinkle step, Half turn left**
1, 2, 3 Cross step right over left, Step left to left side, Replace weight onto right
4, 5, 6 Cross step left over right, Step right to right side turning 1/4 left, Step back turning 1/4 left
- 19 - 24** **Twinkle step, Half turn left**
1, 2, 3 Cross step right over left, Step left to left side, Replace weight onto right
4, 5, 6 Cross step left over right, Step right to right side turning 1/4 left, Step back turning 1/4 left
- 25 - 30** **Cross Side Rocks**
1, 2, 3 Cross step right over left, Rock side left onto left foot, Recover weight onto right
4, 5, 6 Cross step left behind right, Rock side right onto right foot, Recover weight onto left
- 31 - 36** **Right Coaster, Left Forward Balance**
1, 2, 3 Cross step right slightly back and behind left, Step back onto left beside right, Step forward onto right (body will be angled slightly to the right corner)
4, 5, 6 Step left forward, Step in place right, left
- 37 - 42** **Step lock back, Unwind for 1 1/4 ronde turn right**
1, 2, 3 Step back onto right foot, lock left foot in front of right foot, Begin to unwind 1 1/4 turn right with weight on right foot
4, 5, 6 Continue unwinding to the right and shift weight to left foot right foot follows to complete ronde turn
- 43 - 48** **Weave left, Step left and drag right to left**
1, 2, 3 Cross step right behind left, Step side left, Cross step right over left
4, 5, 6 Large step to left side, Drag right to left foot, Touch right beside left **

49 - 54 **Weave with 1/4 turn right, Step left forward 1/2 turn right, Step forward left**

1, 2, 3 Step side right, Cross step left behind right, Step 1/4 right onto right foot

4, 5, 6 Step forward onto left foot, Turn 1/2 right onto right foot, Step forward onto left

Tag - at the end of the 2nd wall (facing 12:00)

1, 2, 3 Step right forward, step in place left, right

4, 5, 6 Step left back, step in place right, left

**** Restart**

At the end of the 6th wall (facing 3:00) leave off the last six counts of the dance.

Choreographers Note:

This dance is essentially a two wall dance facing 12:00 and 6:00 up until the restart when the two walls begin facing 3:00 and 9:00.

HAVE FUN AND BEGIN AGAIN!