

# NOTHIN' LEFT BEHIND US

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RECORD: "Nothin' Left Behind Us", Richard Marx, Capitol S7-18479-A

(can also be downloaded from Internet)

FOOTWORK: Opposite except where noted RHYTHM: Cha PHASE: IV+1 (Dbl Cuban Brks)

RE-RELEASE DATE: May 4, 2009 (revised from previous version June 1996)

SEQUENCE: INTRO – AA – BB – INTERLUDE 1 – AA – BB – C – INTERLUDE 2 – BB – ENDING

## INTRO

1-4 WAIT; WAIT; TWO CUCARACHAS;

1-2 Wait 2 measures;;

3-4 Rk sd L, rec R, in pl L/R, L; Rk sd R, rec L, in pl R/L, R;

## PART A

1-4 HALF BASIC; FAN; ALEMANA;

1-2 Rk fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R (W fwd L, step sd & bk R trng ¼ LF, bkL/lk RIF, bk L leaving R ext fwd no wgt);

3-4 Fwd L, rec R, in pl L/R, L (W cl R, fwd L, fwd R/L, R to fc ptr); Bk R, rec L, in pl R/L, R (W fwd L XIF of R & trng RF, fwd R cont RF trn, sd L/cl R, sd L to end fcng M in BFLY);

5-8 NEW YORKER; NEW YORKER; TIME STEP; TIME STEP;

5-6 Rk thru RLOD on L, rec R to fc ptr, sd L/cl R, sd L to BFLY; Rk thru LOD on R, rec L to fc ptr, sd R/cl L, sd R;

7-8 (No hands joined) XLIB, rec R, sd L/cl R, sd L; XRIB, rec L, sd R/cl L, sd R to BFLY;

## PART B

1-4 ROLL 2 & CHA; WALK 2 & CHA; RK FWD REC, BK TRIPLE CHA;

1-2 Roll LF LOD L, R, cont L/cl R, fwd L to OP LOD; Walk R, L, fwd R/cl R, fwd R;

3-4 Rk fwd L, rec R, bk L/lk RIF of L, bk L; Bk R/lk LIF of R, bk R, Bk L/lk RIF of L, bk L;

5-8 ROCK BACK, REC, FWD CHA TO BFLY; TRAVELING DOOR; TRAVELING DOOR; HIP ROCK 4;

5-6 Rk bk R, rec L, fwd R/cl L, R; (Going to BFLY) Rk sd L, rec R, XLIF/sd R, XLIF;

7-8 Rk sd R, rec L, XRIF/sd L, XRIF; (Hands in low BFLY) rk L,R,L,R;

## Interlude 1

1-4 ALEMANA; LARIAT;

1-2 Rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L, sd R (W fwd L comm. RF trn under jnd hnds, fwd R, sd L/cl R, sd L to end fcg M on his R sd);

3-4 Cucaracha sd L, rec R, in pl L/R, L (W circle M CW fwd R, fwd L, fwd R/cl L, fwd R); Cucaracha sd R, rec L, in pl R/L, R (W fwd L, fwd R, fwd L/cl R, fwd L to end fcng BFLY);

### Part C

1-6 ALEMANA (OVERTURN) TO LEFT HAND STAR;; UMBRELLA TRN;;;

- 1-2 Repeat action of meas 1-2 of Interlude 1 to end fcng RLOD (W LOD) in L hand star;;  
3-4 Rk fwd L, rec R, bk L/cl R, bk L (W rk bk R, rec L, fwd R trng ½ LF to fc RLOD/cl L, bk R & join R hands in front of M); Rk bk R, rec L, fwd R/cl L, fwd R (W rk bk L, rec R, rel R hnd hold fwd L trng ½ RF to fc LOD/cl R, bk L);  
5-6 Repeat meas 3; Rk bk R, rec L trn LF to fc ptr in BFLY, sd R/cl L, sd R (W rk bk L, rec R trng RF to fc ptr in BFLY sd L/cl R, sd L);

7-8 DOUBLE CUBAN BREAKS::

- 7 (BFLY) XLIF/REC R, SD L/REC R, XLIF/REC R, SD L/REC R;  
8 XRIF/REC L, SD R/REC L, XRIF/REC L, SD R/REC L;

### Interlude 2

1-4 HALF BASIC; WHIP; NEW YORKER; NEW YORKER;

- 1-2 Repeat action of measure 1, part A; Bk R trn ¼ LF, rec fwd L trng ¼ LF, sd R/cl L, sd R (W fwd L outside M on his L sd, fwd R trng ½ LF, sd L/cl R, sd L);  
3-4 Rk thru LOD L, rec R, sd L/cl R, sd L; Rk thru RLOD R, rec L, sd R/cl L, sd R to BFLY;

5-8 HALF BASIC; WHIP; NEW YORKER; NEW YORKER;

- 5-8 Repeat action of measures 1-4 in opposite direction;;;;

### Ending

1-4 HALF BASIC; WHIP; NEW YORKER; NEW YORKER;

- 1-4 Repeat action of measures 1-4 of Interlude 2;;;;

5-8 HALF BASIC; WHIP; NEW YORKER; NEW YORKER (HOLD);

- 5-7 Repeat action of measures 1-4 in opposite direction;;;;  
8 Rk thru LOD L and hold;