

Ain't You Glad

Count: 48

Wand: 4

Ebene: Beginner

Choreograf/in: Teri Rogers (USA)

Musik: California Girls - Gretchen Wilson



CROSS ROCK, RECOVER, RIGHT SIDE SHUFFLE, CROSS ROCK, RECOVER, SHUFFLE LEFT

- 1-2 Cross rock right foot over left, recover back on left
- 3&4 Step right foot to right, step left foot next to right, step right foot to right
- 5-6 Cross rock left foot over right, recover back on right
- 7&8 Step left foot to left, step right foot next to left, step left foot to left

JUMP FORWARD, CLAP, JUMP BACK, CLAP, HIP ROLLS (AROUND THE WORLD)

- &1-2 Jump forward on right, step left next to right, clap
- &3-4 Jump back on right, step left next to right, clap
- 5-6 Roll hips around from right to left shifting weight from right foot to left
- 7-8 Roll hips around from right to left shifting weight from right foot to left

FORWARD SHUFFLE, ½ TURN RIGHT, FORWARD SHUFFLE, ½ TURN LEFT

- 1&2 Step right foot forward, step left foot next to right, step right foot forward
- 3-4 Step forward on left, pivot ½ right
- 5&6 Step left foot forward, step right foot next to left, step left foot forward
- 7-8 Step forward on right, pivot ½ left

ROCKING CHAIR, VINE RIGHT, SCUFF

- 1-2 Rock forward on right foot, recover back on left
- 3-4 Rock back on right foot, recover forward on left
- 5-6 Step right feet to right side, step left foot crossed behind right
- 7-8 Step right feet to right side, scuff left foot

ROCKING CHAIR, VINE LEFT ¼ TURN LEFT, SCUFF

- 1-2 Rock forward on left foot, recover back on right
- 3-4 Rock back on left foot, recover forward on right
- 5-6 Step left foot to left side, step right foot crossed behind left
- 7-8 Turn ¼ left steps left foot forward, scuff right foot

MODIFIED JAZZ BOX

- 1-2 Cross right toe over left, drop heel
- 3-4 Touch left toe back, drop left heel
- 5-6 Touch right toe to right side, drop right heel
- 7-8 Touch left toe next to right, drop left heel (weight on left foot)

REPEAT
