

# Ain't Life CRZY

COPPERKNOB  
BY STEPHEN

Compte: 64

Mur: 1

Niveau: Upper Beginner

Chorégraphe: Angie Harriss (AUS) - January 2024

Musique: CRZY - Dallas Smith



## Intro: 32 Counts

### Point right toe, quarter turn hook, shuffle forward

- 1-2 Point right toe to right side, hook right foot over left knee turning quarter turn to right (3 o'clock)  
3&4 Shuffle forward right left right  
5-6 Step forward on left foot, quarter turn to right (6 o'clock)  
7&8 Cross shuffle to right side, left right left

### K step, shuffle

- 1-2 Step forward diagonally on right foot, touch left toe beside right foot  
3&4 Shuffle back diagonally on left, left, right, left  
5-6 Step back diagonally on right foot, touch left toe beside right foot  
7&8 Shuffle forward diagonally on left foot, left, right, left (1st tag wall 3)

### Step, kick, coaster

- 1-2 Step forward on your right foot, kick left foot  
3&4 Step left foot back, step right foot beside left, step left foot forward  
5-6 Step forward on your right foot, kick left foot forward  
7&8 Step left foot back, step right foot beside left foot, step left foot forward

### Step forward on right, rock back, half turn shuffle, step half turn, shuffle forward left, right left

- 1-2 Rock forward on right foot, rock back on left foot  
3&4 Turning half turn to the right, shuffle forward, right left right (12 o'clock)  
5-6 Step forward on your left foot, turning half turn right (6 o'clock)  
7&8 Shuffle forward left right left

### Forward locks on right and left, scuff

- 1-2 Step diagonally forward on right foot, lock left foot behind right  
3-4 Step diagonally forward on right foot, scuff left heel  
5-6 Step diagonally on left foot, lock right foot behind left  
7-8 Step diagonally on left foot, scuff right heel (2nd tag wall 4)

### Back touches, hips

- 1-2 Step diagonally back on right foot, touch left toe beside right foot  
3-4 Step diagonally back on left foot, touch right toe beside left foot  
5-6 Bump hips right, left  
7-8 Bump hips right, left

### Shuffles, rock back

- 1&2 Shuffle right foot to right side, right left right  
3-4 Rock back on left foot, rock forward on right foot  
5-6 Shuffle left foot to left side, left right left  
7-8 Rock back on right foot, rock forward on left

### Stamp, quarter turn kick, coaster, step quarter turn, shuffle across

- 1-2 Stamp right foot forward, turn quarter turn right, kick right foot forward

3&4 Step back on right, step left foot beside right foot, step forward on right  
5-6 Step forward on left foot, turn quarter turn right (weight on right)  
7-8 Shuffle across right foot, left right left

**TAG: 4 count tag on wall 3 after 16 counts (k step shuffles)**

**TAG: 4 count tag On wall 4 after 40 counts (forward locks on right and left)**

1-2 Step forward on right foot, turn half turn left (12 o'clock)

3&4 Kick ball change on right foot

**Thankyou**

**Dance your Dance**

**Angie Harriss**

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