You Ain't

Compte: 32



Mur: 0

Niveau:

Chorégraphe: Rick Bates (USA) & Deborah Bates (USA) Musique: If Ya Gettin' Down - Five



STEP, TOGETHER, OUT-OUT, IN-IN, STEP, TOGETHER, OUT-OUT, IN-IN

- 1-2 Step forward on right foot: step left foot next to right
- &3 Step slightly to the right on right foot, stretching right arm to the right; step slightly to the left on left foot about shoulder width apart from right, stretching left arm to the left
- &4 Step right foot to home, bringing right arm back in front of chest; step left foot next to right, bringing left arm back in front of chest
- 5-6 Step forward on right foot; step left foot next to right
- &7 Step slightly to the right on right foot, stretching right arm to the right; step slightly to the left on left foot about shoulder width apart from right, stretching left arm to the left
- &8 Step right foot to home, bringing right arm back in front of chest; step left foot next to right, bringing left arm back in front of chest

SIDE STEP, BEHIND, PIVOT, FORWARD SHUFFLE, TO THE RIGHT MILITARY PIVOT, FORWARD SHUFFLE

- 9-10 Lower arms and step to the right on right foot; cross left foot behind right and step
- & Pivot ¼ turn to the right on ball of left foot
- 11&12 Shuffle forward (right, left, right)
- 13-14 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 15&16 Shuffle forward (left, right, left)

1 ¼ TO THE RIGHT ROLLING TURN, TOGETHER

- 17-18 Step to the right on right foot and begin a 1 ¼ to the right rolling turn traveling to the right; step on left foot and continue 1 ¼ to the right rolling turn
- 19-20 Step on right foot and complete 1 ¼ to the right rolling turn; step left foot next to right

SYNCOPATED HEEL/TOE TOUCHES

- 21 Touch right heel forward
- &22 Step right foot next to left; touch left heel forward
- &23 Step left foot next to right; touch right toe to the right
- &24 Step right foot next to left; touch left toe to the left

BODY TWIST

- 25-26 Keeping left toe pointed to the left, bend knees and dip right shoulder as you twist body a ¼ turn to the left; bring right shoulder up and straighten knees
- 27-28 Bend knees and dip right shoulder as you twist body a ¼ turn to the right; bring right shoulder up and straighten knees, keeping left toe pointed to the left

FULL ROLLING TURN TO THE LEFT, TRIPLE STEP

- 29-30 Step to the left on left foot and begin a full rolling turn to the left traveling to the left; step on right foot and complete full rolling turn to the left
- 31&32 Triple step in place (left, right, left)

REPEAT