

Ain't Too Proud To Cha

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Max Perry (USA) - May 2009

Musique: Ain't Too Proud to Beg - Rick Astley



Side, Syncopated 5th Position Break, Side With Hip Sways, Step Side & Turn, Touch Side, Syncopated Weave

- 1-2& Step left to side, cross/rock right behind left (5th position), recover to left
- 3-4 Rock right to side (sway hips right), recover to left (sway hips left)
- 5-6 Step right to side, turn ½ right and touch left to side (6:00)
- 7&8 Cross left behind right, step right to side, cross left over right

Side Rock, Crossing Shuffle, Side Rock, Crossing Shuffle

- 1-2 Rock right to side, recover to left
- 3&4 Cross right over left, step left to side, cross right over left
- 5-6 Rock left to side, recover to right
- 7&8 Cross left over right, step right to side, cross left over right

Side, Syncopated 5th Position Break, Side With Hip Sways, Step Side & Turn, Touch Side, Syncopated Weave

- 1-2& Step right to side, cross/rock left behind right (5th position), recover to right
- 3-4 Rock left to side (sway hips left), recover to right (sway hips right)
- 5-6 Step left to side, turn ½ left and touch right to side (12:00)
- 7&8 Cross right behind left, step left to side, cross right over left

Side Rock, Crossing Shuffle, Side Rock, Crossing Shuffle

- 1-2 Rock left to side, recover to right
- 3&4 Cross left over right, step right to side, cross left over right
- 5-6 Rock right to side, recover to left
- 7&8 Cross right over left, step left to side, cross right over left

Side, Rock Back, Cha-Cha Forward, ½ Turn, Cha-Cha Forward

- 1-3 Step left to side, rock right back, recover to left
- 4&5 Step right forward, step left forward, step right forward
- 6-7 Step left forward, turn ½ right (weight to right)
- 8&1 Step left forward, step right forward, step left forward

Two ½ Turns Left, Syncopated Jazz Box Turning ¼ Right

- 2-3 Step right forward, turn ½ left (weight to left)
- 4-5 Step right forward, turn ½ left (weight to left) (6:00)
- 6-7 Cross right over left, turn ¼ right and step left back (9:00)
- 8& Step right to side, step left together

Step Side, Cross Rock, Triple Step Side, Cross Rock, Triple Step Side

- 1-3 Step right to side (toe turned out), cross/rock right over left, recover to left
- 4&5 Step left to side, step right together, step left to side (toe turned out)
- 6-7 Cross/rock right over left, recover to left
- 8&1 Step right to side, step left together, step right to side (toe turned out)

Walk Around Turn, Triple Side, Back Rock, Forward Step

- 2-3 Cross left over right (and turn right), step right in place (continuing to turn right) (9:00)

You should have now completed a full turn using the "1" count from the section above and the counts "2-3" to

finish the turn

4&5 Step left to side, step right together, step left to side

6-8 Rock right back, recover to left, step right forward

Repeat

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