

Ain't Your Mama!

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ann-Kristin Sandberg (NOR) - April 2016
音乐: Ain't Your Mama - Jennifer Lopez : (iTunes)



INTRO: 8 COUNTS

DOROTHY STEPS-FORW RECOVER-TOGETHER-SHUFFLE BACK

1-2& Step R diagonal forw to R, Lock L behind R, Step R diagonal forw to R
3-4& Step L diagonal forw to L, Lock R behind L, Step L diagonal forw to L
5-6& Step R forw, Recover onto L, Step R next to L
7&8 Step L backw, Step R next to L, Step L backw & kick R foot forw at same time

ROCK RECOVER-OUT OUT-HEELS UP-HEELS DOWN- CROSS-BACK-SIDE-CROSS SHUFFLE

1-2 Step R backw, Recover onto L
&3&4 Step R out to R side, Step L out to L side, Both heels up, Both heels down
5-6& Cross R over L, Step L backw, Step R to R side
7&8 Cross L over R, Step R to R side, Cross L over R

TOE STRUT WITH ¼ TURN R-TOE STRUT-SIDE-BEHIND-SIDE-POINT & FLICK

1-2 ¼ turn R touching R toe forw, R heel down (F 03)
3-4 Touch L toe forw, L heel down
5-6& Step R to R side, Cross L behind R, Step R to R side
7-8 Point L toe diagonal forw to L, Flick L behind R

SIDE RECOVER-CHASSE L-FORW RECOVER-BACK RECOVER & HITCH

1-2 Step L to L side, Recover onto R
3&4 Step L to L side, Step R next to L, Step L to L side
5-6 Step R forw, Recover onto L
&7-8 Step R back, Recover onto L, High hitch with R knee

TAG: 16 counts ~ END OF WALL 1(03), END OF WALL 4(12), END OF WALL 7(09)

1-2& Step R to R side, Recover onto L, Step R next to L
3-4& Step L to L side, Recover onto R, Step L next to R
5-6 Step R forw, Recover onto L
7&8 Step R back, Step L next to R, Step R forw

1-2& Step L to L side, Recover onto R, Step L next to R
3-4& Step R to R side, Recover onto L, Step R next to L
5-6 Step L forw, Recover onto R
7&8 Step L back, Step R next to L, Step L forw

RESTART: Wall 8 (F 09): Dance first 16 count & start again F 09.

ENJOY!!