

That Ain't Country

拍数: 64 墙数: 4 级数: Low Intermediate
编舞者: Alexis Strong (UK) & Caroline Cooper (UK) - September 2016
音乐: That Ain't Country - Aaron Lewis : (iTunes)



INTRO: 32 counts

Sec 1: ROCK BACK, RECOVER, SHUFFLE FORWARD , CROSS, BACK, & WALK X 2

1-2 Rock back R, recover L
3&4 Step forward R, step L next to R, step forward R
5-6 Cross L over R, step back R
&7-8 Step L next to R, walk forward RL

Sec 2: SIDE ROCK, RECOVER, BEHIND, SIDE CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE CROSS

1-2 Rock R to R side, recover L
3&4 Cross R behind L, step L to L side, cross R over L
5-6 Rock L to L side, recover R
7&8 Cross L behind R, step R to R side, cross L over R

Sec 3: SIDE TOUCH, ¼ TURN TOUCH, CHASSE BACK ROCK, RECOVER

1-2 Step R to R side, touch L next to R
3-4 ¼ L stepping forward L, touch R next to L
5&6 Step R to R side, close L next to R, step R to R side
7-8 Rock back L, recover R

Sec 4: SIDE, FLICK, SIDE FLICK, SIDE, BEHIND, ¼ TURN, TOUCH

1-2 Step L to L side, flick R foot behind L
3-4 Step R to R side, flick L foot behind R
5-6 Step L to L side, cross R behind L,
7-8 ¼ turn L stepping forward L, touch R next to L

Sec 5: FIGURE OF EIGHT

1-2 Step R to R side, cross L behind R
3-4 ¼ turn R, stepping forward R, step forward L
5-6 ½ turn R, stepping forward R, ¼ R stepping L to L side
7-8 Cross R behind L, ¼ L stepping forward L

Sec 6: SHUFFLE FORWARD, STEP PIVOT ½ TURN, FORWARD SHUFFLE, STEP ¼ TURN

1&2 Step forward R, step L next to R, step forward R
3-4 Step forward L, turn ½ turn R
5&6 Step forward L, step R next to L, step forward L
7-8 Step forward R, turn ¼ turn L

Sec 7: HEEL SWITCHES X 2, SIDE TOE SWITCHES X 2, SIDE ROCK, RECOVER, COASTER ¼ TURN

1&2& R heel dig forward, step R next to L, L heel dig forward, step L next to R
3&4& Point R toe to R side, step R next to L, point L toe to L side, step L next to R
5-6 Rock R to R side, recover L
7&8 ¼ turn R, stepping back R, step L next to R, step forward R

Sec 8: ROCK RECOVER COASTER STEP, STEP ½ TURN, WALK X 2

1-2 Rock forward L, recover R
3&4 Step back L, step R next to L, step forward L

5-6 Step forward R, ½ turn L
7-8 Walk forward RL

Restart During wall 3 after section 1. You will be at 6 o'clock for the Restart
Restart During wall 5 after section 1. You will be at 12 o'clock for the Restart

Ending During section 7 changed count 5-6 and 7&8. This neatly finishes the dance at 12 o'clock ☺

5-6 Rock forward R, recover L
7&8 Step back R, step L next to R, step forward R

ENJOY!!
