

She Ain't Mine No More (P)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Intermediate Partner
编舞者: Guy Dubé (CAN) & Nancy Milot (CAN) - August 2021
音乐: She Ain't Mine No More - Justin Moore



Start : In Sweetheart position, partners face LOD.

Intro : 16 counts. No Tag no Restart.

Tags : At the 3th repetition after 16 counts and at the 4th repetition after 32 counts, restart the dance.

[1-8] M : SIDE, TOGETHER, SHUFFLE FWD, SIDE, TOGETHER, SHUFFLE FWD

[1-8] L : SIDE, TOGETHER, SHUFFLE FWD, SIDE, TOGETHER, SHUFFLE FWD

1-2 M : Step R to right, step L together R

 L : Step L to left, step R together L

*** On count 1, without letting go the hands, lady passes in front the man ending at the man's left side.

*** You are now in Reverse Sweetheart position.

3&4 M : Shuffle forward with R,L,R

 L : Shuffle forward with L,R,L

5-6 M : Step L to left, step R together L

 L : Step R to right, step L together R

*** On count 5, without letting go the hands, the lady passes in front the man ending at the man's right side.

*** You are now in Sweetheart position (start position).

&7-8 M : Shuffle forward with L,R,L

 L : Shuffle forward with R,L,R

[9-16] M : ROCK STEP, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER, SHUFFLE FWD

[9-16] L : STEP, PIVOT 1/2 TURN R, SHUFFLE FWD, STEP, PIVOT 1/2 TURN L, SHUFFLE FWD

1&2 M : Rock step R forward, recover on L

 L : Step L forward, pivot 1/2 turn to right

*** On count 1, without letting go the hands, the man raise both L hands over the lady's head.

*** On count 2, lower the hands in Double Hand Cross position.

3&4 M : Shuffle back with R,L,R

 L : Shuffle forward with L,R,L

5-6 M : Rock back with L, recover on R

 L : Step R forward, pivot 1/2 turn to left

*** On count 5, without letting go the hands, the man raise both L hands over the lady's head.

*** On count 6, lower the hands in Sweetheart position.

7&8 M : Shuffle forward with L,R,L

 L : Shuffle forward with R,L,R

[17-24] M : CROSS, SLIDE, CROSS, SLIDE, SHUFFLE FWD, SHUFFLE in 1/2 TURN R

[17-24] L : STEP DIAGONALLY, SLIDE, STEP DIAGONALLY, SLIDE, SHUFFLE FWD, SHUFFLE in 1/2 TURN L

1 M : Cross step R over L diagonally to left

 L : Step L forward diagonally to left

2 M : Slide ball L together R in swiveling diagonally to right

 L : Slide ball R together L in swiveling diagonally to right

3 M : Cross step L over R diagonally to right

 L : Step R forward diagonally to right

4 M : Slide ball R together L in swiveling face front LOD

 L : Slide ball L together R in swiveling face front LOD

5&6 M : Shuffle forward with R,L,R

 L : Shuffle forward with L,R,L

7&8 M : Shuffle back in 1/2 turn to right with L,R,L (face RLOD)

L : Shuffle back in 1/2 turn to left with R,L,R (face RLOD)

***** On count 7, without letting go the hands, the man raise both R hands over the lady's head.**

***** You are now in Double Hand Cross position.**

[25-32] M : ROCK BACK, RECOVER, SHUFFLE 1/2 TURN L, ROCK BACK, TRIPPLE STEP FWD

[25-32] L : ROCK BACK, RECOVER, SHUFFLE 1/2 TURN R, ROCK BACK, TRIPPLE STEP FULL TURN L

1-2 M : Rock back with R, recover on L

L : Rock back with L, recover on R

3&4 M : Shuffle forward in 1/2 turn to left with R,L,R

L : Shuffle forward in 1/2 turn to right with L,R,L

5-6 M : Rock back with L, recover on R

L : Rock back with R, recover on L

7&8 M : Triple step forward with L,R,L (face LOD)

L : Triple step forward in full turn to left with R,L,R (face OLOD)

***** On count 7, let go both L hands and finish in Sweetheart position.**

[33-40] M : ROCK STEP, RECOVER, COASTER STEP, 1/2 TURN R, STEP BACK, SHUFFLE BACK

[33-40] L : ROCK STEP, RECOVER, COASTER STEP, 1/2 TURN L, STEP BACK, SHUFFLE BACK

1-2 M : Rock step R forward, recover on L

L : Rock step L forward, recover on R

3&4 H : Step R back, step L together R, step R forward

L : Step L back, step R together L, step L forward

5-6 M : 1/2 turn to right and step L back, step R back

L : 1/2 turn to left and step R back, step L back

***** On count 5, raise both R hands over the lady's head, to finish in Double Hand Cross position.**

7&8 M : Shuffle back with L,R,L

L : Shuffle back with R,L,R

[41-48] M : 2X WALK BACK, STEP BACK, 1/4 TURN L, CROSS, ROCK SIDE, RECOVER, SAILOR 1/4 TURN L

[41-48] L : 1/2 TURN L, 1/4 TURN L, WEAVE to R, ROCK SIDE, RECOVER, SAILOR 1/4 TURN R

1-2 M : Step R back, step L back

L : 1/2 turn to left and step L forward, 1/4 turn to left and step R to right

***** On count 1, let go both L hands, raise both R hands over the lady's head.**

***** On count 2, take back both L hands to finish in Double Hand Cross position.**

3&4 M : Step R back, 1/4 turn to left and step L to left, cross step R over L

L : Cross step L behind R, step R to right, cross step L over R

5-6 M : Rock side with L, recover on R

L : Rock side with R, recover on L

7&8 M : Cross step L behind R, 1/4 turn to left and step R on place, step L forward

L : Cross step R behind L, 1/4 turn to right and step L on place, step R forward

***** On count 7, raise both R hands over the lady's head. You are now in Sweetheart position.**

[49-56] M : ROCK STEP, RECOVER, TOGETHER, 2X WALK FWD, CHASSÉ to L, ROCK BACK 1/4 TURN R

[49-56] L : ROCK STEP, RECOVER, TOGETHER, 2X WALK FWD, CHASSÉ to R, ROCK BACK 1/4 TURN L

1-2 M : Rock step R forward, recover on L

L : Rock step L forward, recover on R

&3-4 M : Step R back, walk forward with L,R

L : Step L back, walk forward with R,L

5&6 M : Chassé to left with L,R,L

L : Chassé to right with R,L,R

***** On count 5, let go both R hands and keep both L arms in extension.**

7-8 M : 1/4 turn to right and rock back with R, recover on L

L : 1/4 turn to left and rock back with L, recover on R

[57-64] M : SHUFFLE FWD, SIDE, TOGETHER, SHUFFLE 1/4 TURN L, 2X WALK FWD

[57-64] L : SHUFFLE FWD, 1/4 TURN R, 1/2 TURN R, SHUFFLE 1/2 TURN R, 2X WALK FWD

1&2 M : Shuffle forward with R,L,R

L : Shuffle forward with L,R,L

***** On count 1, take back both R hands over both L hands in Double Hand Cross position.**

3-4 M : Step L to left, step R together L

L : 1/4 turn to right and step R forward, 1/2 turn to right and step L back

***** On count 3, let go both L hands and raise both R hands over the lady's head.**

***** On count 4, keep both R hands over the lady's head.**

5&6 M : Shuffle in 1/4 turn to left with L,R,L

L : Shuffle in 1/2 turn to right with R,L,R

***** On count 5, take back both R hands in Sweetheart position.**

7-8 M : Walk forward with R,L

L : Walk forward with L,R

HAVE FUN ! GUY & NANCY

Last Update - 27 Oct. 2021 - R2
