

I Ain't No Quitter

COPPER KNOB
BY STEPHEN

拍数: 40 墙数: 4 级数: Improver Country
编舞者: Christina Yang (KOR) - April 2022
音乐: I Ain't No Quitter - Shania Twain



Start the dance after 16 counts (Start on lyrics 'he ropes')

SECTION 1: (FORWARD HEEL TOUCH, REPLACE) X 2, (FORWARD HEEL TOUCH, REPLACE AND WEIGHT CHANGE) X 2. FORWARD HEEL TOUCH, HOOK

1-4 Touch on forward with RF heel, replace RF, touch on forward with LF heel, replace LF
5&6& Touch on forward with RF heel, replace RF and changing weight on RF, touch on forward
 with LF heel, replace LF and changing weight on LF
7-8 Touch on forward with RF heel, hook RF

SECTION 2: FORWARD SHUFFLE, TOE TOUCH BEHIND RF, BACKWARD, 1/2 TURN TO R WITH HITCH AND CLAP, FORWARD, BRUSH

1-4 Step RF forward, cross LF behind RF, step RF forward, touch LF toe behind RF
5-8 Step LF backward, 1/2 turn to R with hitching RF and clap, step RF forward, brush LF

SECTION 3: FORWARD SHUFFLE, BRUSH, 1/4 TURN TO R WITH JAZZ BOX, CROSS

1-4 Step LF forward, cross RF behind LF, step LF forward, brush RF
5-8 Cross RF over LF, 1/4 turn to R stepping LF backward, step RF to side, cross LF over RF

SECTION 4: SIDE, SWIVEL x 3, TWIST L/R/L, FLICK

1-4 Step RF to side, swivel LF to L with ball, swivel LF to L with heel, swivel LF to L with ball
5-8 Twist both heels to L/R/L, flick RF to diagonal back

SECTION 5: SIDE, HOLD, CROSS ROCK, RECOVER, FULL TURN TO L, TOUCH

1-4 Step RF side, hold, Rock LF cross over RF, recover on RF,
5-8 1/4 turn to L stepping LF forward, 1/4 turn to L stepping RF side, 1/2 turn to L stepping LF
 side, touch RF toe next to LF

NO TAG, NO RESTART

CONTACT

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