

# Ain't Life Grand

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Candace Jajo-Burns (USA) - September 2022  
音乐: Grand - Kane Brown



Intro – 16 Counts (Dance begins at :14 seconds right before he says “And I wouldn’t trade it for nothing”)

\*1 Restart

Start dance with feet shoulder width apart.

**S1: Knee pop inward & outward, kick, jazz box into pivot ½ turn, pivot ½ turn**

1&2&      Pop R knee inward by turning R toes to face LF, pop R knee outward by turning toes to R,  
Kick RF (weight will shift from RF to L when you kick), Step RF across LF  
3-4      Step LF back, step RF next to LF  
5-6      Step LF forward, pivot ½ turn over R shoulder  
7-8      Step LF forward, pivot ½ turn over R shoulder

**S2: 2 Lock steps, 2 L heel swivels bumping L hip forward, 2 lock steps, syncopated rocking chair**

1&2&      Step LF forward, lock RF behind LF, step LF forward, lock RF behind LF  
3&4&      Swivel heels forward while bumping L hip forward, swivel heels back, swivel heels forward  
while bumping L hip forward, swivel heels back  
5&6&      Step LF forward, lock RF behind LF, step LF forward, touch RF next to LF  
7&8&      Rock RF forward, recover on L, rock RF back, recover on L

**S3: Pivot ½ turn, two prissy walks, step ½ turn with a sweep, step forward, kick cross step**

1-2      Step RF forward, pivot ½ turn  
3-4      Step RF forward with slight cross over LF, Step LF forward with slight cross over RF  
&5-6      Step RF forward, ½ turn over L shoulder sweeping L foot, step LF forward  
7&8      Kick RF forward, touch R toes across LF, step LF shoulder width apart from RF

**S4: Hip dip to L, weave, step ¼ turn to R, walk L forward, step RF shoulder width apart from LF**

1-2      Dip hips down and to the L  
3&4&      Cross RF over L, step L next to R, cross RF behind L, step L next to R  
5-6      Touch RF next to L, step RF ¼ turn over R shoulder  
7-8      Walk LF forward, step RF shoulder width apart from LF

**\*\*Restart is during wall 1. Restart the dance after section 3.**

YouTube: PHX Dance with Candace

Facebook: PHX Dance

Instagram: @phxlivedance