

Ain't Life Grand

COPPER KNOB
STEPSHEETS

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