Ain't in Kansas



编舞者: Cathy Snow (USA) - July 2024

音乐: Ain't In Kansas Anymore - Miranda Lambert: (Twisters: The Album)



Intro: 32 counts - No restarts or tags

[1-8] CROSS ROCKS L, R; TRIPLE STEPS IN PLACE

1-2 Cross/rock R over L; recover L
3&4 Triple step in place stepping R, L, R
5-6 Cross/rock L over recover R

7&8 Triple in place stepping L, R, L

[9-16] SHUFFLE FORWARD R, L, R; ROCK L FORWARD, RECOVER R, SHUFFLE BACK L, R, L; ROCK BACK R; RECOVER L

1&2 Shuffle forward R, L, R

3&4 Rock forward on L; recover on R

5&6 Shuffle back L, R, L

7&8 Rock back R, recover on L

[17-24] LINDY R, LINDY L

1&2 Step R to R side, Step L next to R, Step R to R side

3-4 Step L behind R, Recover weight on R

5&6 Step L to L side, Step R next to L, Step L to L side

7-8 Step R behind L, Recover weight on L

[25-32] STEP POINT R, L; 1/4 TURNING JAZZ BOX

1-2 Step R point L3-4 Step L; Point R

5-6 Cross R over L, step back on L

Contact: mrssno@email.com

Cannot dance as just had total knee replacement, so I have only danced in a chair with wheels. No video but would gladly have anyone do one and post. Thank you.