

Ain't No Rush (P)

拍数: 32 墙数: 0 级数: Beginner Partner/Circle
编舞者: Jen Michele (USA) - October 2024
音乐: Day Drinkin' - Parmalee
或: Lovin' You Is Fun - Easton Corbin
或: Cowboy Up - Vince Gill
或: Play Something Country - Brooks & Dunn
或: She Don't Know She's Beautiful - Sammy Kershaw



Dance travels counter clockwise.

Partners in sweetheart position with gentlemen on the left.

Section 1 - Toe, Step. Step, ½ Pivot. Toe, Step. Step, ½ Pivot.

1-2 touch right toe forward, drop heel to step
3-4 step left foot forward, make a ½ turn going right with weight ending on right foot
5-6 touch left toe forward, drop heel to step
7-8 step right foot forward, make a ½ turn going left with weight ending on left foot

Section 2 - Jazz square. Sways.

1-2 cross step right foot over the left foot, step left foot back
3-4 step right foot to side, step left foot forward (or cross)
5-6 a As you step right foot slightly forward on the diagonal sway hips to right, sway hips back on the left
7-8 sway hips forward on to the right, sway hips back on to the left

Section 3 - Shuffle forward. Shuffle forward. Walk walk/turn turn. Shuffle forward.

1&2 traveling forward step right, left, right
3&4 traveling forward step left, right, left
5-6 **gentlemen walk forward right, left as you drop the ladies left hand, raise her right hand, and ladies step right, left as they make a full turn turning left OR ladies can simply walk forward right, left with the gentlemen**
7&8 traveling forward step right, left, right

Section 4 - Shuffle forward. Step, touch. Back, hitch. Rock, recover.

1&2 traveling forward step left, right, left
3-4 step right foot forward, touch left toe next to the right foot
5-6 step back on the left foot, hitch right knee
7-8 rock weight back on to the right foot, and recover (step) forward on the left

Start over and have fun!

See ya on the dance floors!

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