

I Ain't Crazy

COPPERKNOB
BY SHEETS

拍数: 100 墙数: 2 级数: Phrased Advanced
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音乐: I Ain't Crazy - Erin Kinsey



Counts: A1(32 counts) - A2(16 counts) -B(28 counts) -C1(16 counts) -C2(8 counts)

Intro: 16 counts

Sequence: A1 -A2 -B -C1 -A1(just first 16 counts) -A2 -B -B(just first 16 counts) -C1 -C2 -B -B(just first 16 counts) -C1

Part A1

[1-8] Slide RF, shuffle, rock step LF, LF cross over, step back RF, touch LF

1 Slide to the right RF, weight on RF
& LF close to RF
2 step forward LF
3 step forward RF
& LF close to RF
4 step forward RF
& LF close to RF
5& LF step to the left, weight on LF
6 weight back on RF
& LF cross over RF
7 RF step back right side
8 LF heel touch close to RF

[9-16] locksteps back x3 , step turn 1/2 to the right, step forward LF, kick ball stomp RF

& Step back LF
1 RF step back over LF
& Step back LF
2 RF step back over LF
& Step back LF
3 RF step back over LF
4 step back LF, weight on LF
5 keeping weight on LF, turn 1/2 to the right (put weight on RF once facing 6h)
6 step forward LF
7 kick forward RF
& weight on RF
8 step forward LF

[17-24] point side changing directions, kick ball side

& keeping weight on LF, turn to 4.30h - RF close to LF
1 point right RF
& RF close to LF +keeping weight on LF, turn to 3h
2 point right RF
& weight on RF + LF close to RF
3 with weight on RF, turn 1/4 to the right (arriving at 6h) while point LF to the left
& LF close to RF +keeping weight on RF, turn to 9h
4 point left LF
& LF close to RF +keeping weight on RF, turn to 12h
5 point left LF
& LF close to RF +keeping weight on RF, turn to 3h

6 point left LF
& LF close to RF, weight on RF
7 kick forward LF
& weight on LF
8 point side RF

[25-32] rock step shuffle x2

& RF close to LF
1 RF step forward + weight on RF
2 weight back on LF
& turn 1/4 to the right (arriving at 6h)+ RF close to LF
3 step to the right RF
& LF close to RF
4 turn 1/4 to the right (arriving at 9h) +step forward RF
&5 step forward LF, weight on LF
6 weight back on RF
& turn 1/4 to the left (arriving at 6h)+ LF close to RF
7 step to the left LF
& RF close to LF
8 turn 1/2 to the left (arriving at 12h) +step forward LF

Part A2

[1-8] Slide, heel toe work, slide, heel toe work

& RF close to LF
1 step to the right diagonally RF
2 LF heel to the right
3 LF toe to the right
4 LF heel to the right
& LF now close to RF + stomp LF
5 step to the left diagonally LF
6 RF heel to the left
7 RF toe to the left
8 RF heel to the left +stomp RF

[9-16] steps back , half turn to the right vaudeville, slide LF, hold

&1 step diagonally back RF- touch with LF
&2 step diagonally back LF- touch with RF
&3-4 turn 1/2 to the right with weight on both feet (for first wall, optional squat while turning)
5&6 diagonally slide to the left LF
&7-8 hold position

Part B

[1-8] Stomp, turn to the right, kick RF, steps back, rocking chair, step turn

&1 Stomp LF &RF
& turn 1/2 to the right (arriving at 12h)
2 weight on LF, kick RF
& weight back on RF
3 weight on LF + keeping RF as in hook step
& keeping same position, step back LF
4 step back RF
& weight on LF
5 RF step forward and weight on RF
& weight back on LF
6 step back RF

& weight on LF
7 step forward RF, weight on RF
8 turn 1/2 to the left (arriving at 6h)

[9-16] rock steps, turns, slide L

1 Step forward RF
& weight on LF, turn 1/2 to the right side (arriving at 12h)
2 step forward RF
3 step forward LF
& weight on RF, turn 1/2 to the left side (arriving at 6h)
4 step forward LF
5 step forward RF
& turn 1/2 to the left (arriving at 12h)
6 step forward RF + turn 1/2 to the left (arriving at 6h)
& keeping weight on RF, turn 1/2 to the left (arriving at 12h)
7-8 slide to the left LF + RF close to LF

[17-24] charleston, step cross step, weave

& weight on LF
1 step forward RF, keeping heel RF and LF in
& heels LF and RF out
2 step back RF, heel RF and LF in
& heels LF and RF out
3 step forward RF, keeping heel RF and LF in
& weight on LF
4 slide back RF
& LF close to RF
5 step left LF
& RF cross over LF
6 step left LF
& weight on RF
7 LF step cross over RF
& step to the right RF
8 LF step behind RF

[25-28] footwork

& Step to the right RF
1 turn 1/4 to the right + step forward LF
& weight on LF, step forward RF
2 turning 1/4 to the right(facing then 6h), weight back on LF
&3 turn 1/4 to the right (arriving at 9h) and step forward RF
4 turn 1/4 to the right (arriving at 12h) step to the left LF

Part C1

[1-8] Rock step, shuffle, rock step, shuffle

& RF close to LF
1 step to the right RF
& LF close to RF without putting the weight
2 step to the left LF
& turn 1/2 to the right (arriving at 6h) + RF close to LF
3 step forward RF
& LF close to RF
4 step forward RF
& LF close to RF

5 step to the left LF
& weight on LF
6 weight back on RF
& turn 1/2 to the left(arriving at 12h) + LF close to RF
7 step forward LF
& RF close to LF
8 step forward LF

[9-16] Footwork, coaster step, steps forward x2

& weight on LF
1 step forward RF, keeping heel RF and LF in
& heels LF and RF out
2 step back RF, heel RF and LF in
& heels LF and RF out
3 step back LF, keeping heel RF and LF in
& weight back on LF
4 step back RF, keeping heel RF and LF in
& heels LF and RF back parallel
5 step back LF
& RF close to LF
6 step forward LF
7 step forward RF
8 step forward LF

Part C2

[1-8] Rock step, shuffle, rock step, shuffle

& RF close to LF
1 step to the right RF
& LF close to RF without putting the weight
2 step to the left LF
& turn 1/2 to the right (arriving at 6h) + RF close to LF
3 step forward RF
& LF close to RF
4 step forward RF
5 step forward LF
& turn 1/2 to the right (facing then 12h)
6 weight on RF
7 step forward LF +with weight on LF, turn 1/2 to the right(arriving at 6h)
& with weight on LF, turn 1/2 to the right(arriving at 12h) + step forward RF
8 step forward LF
