

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Todd Lescarbeau (USA)  
音乐: This Ain't No Thinkin' Thing - Trace Adkins



## TOE TOUCHES

- 1-2      Touch right toe forward, touch right toe back
- 3-4      Touch right toe forward, step right foot beside left
- 5-6      Touch left toe forward, touch left toe back
- 7-8      Touch left toe forward, step left foot beside right

## TOE TOUCHES FORWARD, BACK, FORWARD, SIDE, BACK, SIDE

- 1-4      Touch right toe forward twice, toe back twice
- 5-6      Touch right toe forward, touch right toe out to side
- 7-8      Touch right toe back, touch right toe out to side

## CROSS STEPS AND KICKS (REFERRED TO AS "CREAM" IN HIP-HOP)

- 1      Cross right foot over left foot. Leaning forward with step, cross arms with hands fisted
- 2      Kick left foot out to side. Straighten up body and swing hands out to sides at approximately shoulder level
- 3      Cross left foot over right. Leaning forward with step, cross arms with hands fisted
- 4      Kick right foot out to side. Straighten up body and swing hands out to sides at approximately shoulder level
- 5-8      Repeat last four steps

## MODIFIED SAILOR STEPS MOVING BACKWARD RIGHT, LEFT, RIGHT, LEFT

- 1&      Step back on right foot crossing it behind left foot, step left foot to left (parallel to right)
- 2      Stomp right foot to right
- 3&      Step left foot behind right, step right foot to right
- 4      Stomp left foot to left
- 5-8      Repeat last four steps. Weight should end on left foot

## RIGHT KICK-BALL-CHANGE, ROCK-STEP, COASTER-STEP, ¼ PIVOT TURN RIGHT WITH STOMP

- 1&2      Kick right foot forward, step ball of right foot beside left, step left foot in place
- 3-4      Rock forward on right foot, recover weight on left
- 5&6      Step back on right foot, step ball of left foot beside right, step right foot forward
- 7-8      Stomp forward on left foot (optional: clap with stomp), pivot ¼ turn to right

## HEEL SWIVELS (RIGHT, LEFT,)(RIGHT, LEFT, RIGHT WITH ¼ TURN LEFT, ½ PIVOT TURN, STEP, TOUCH

- 1-2      Slide heels to right, slide heels to left
- 3&4      Slide heels right, left, slide heels to right turning ¼ to left (now facing starting wall)
- 5-6      Step forward on ball of right foot, pivot ½ turn to left transfer weight to left foot
- 7-8      Step forward on right foot, touch left foot beside right

## SYNCOPATED VINE LEFT, SLIDE, SYNCOPATED VINE RIGHT, SLIDE

- 1-2&      Step left foot to left, right steps behind, step left foot to left
- 3-4      Right steps to right, slide or drag left foot beside right (taking weight on left)
- 5-6&      Right steps to right, left foot steps behind, right steps to right
- 7-8      Step left foot to left, slide or drag right foot beside left. (do not take weight here!)

## ½ MONTEREY TURN RIGHT, HEEL SPLIT, STEP BACK LEFT, RIGHT, STEP LEFT TURNING ¼ LEFT

- 1-2 Touch right toe out to side, pivot  $\frac{1}{2}$  to right on ball of left closing right beside left  
3-4 Touch left toe out to side, step left foot beside right  
5-6 Slide heels apart, return  
7&8 Step back on left foot, step back on right, step back on left foot turning  $\frac{1}{4}$  to left

**REPEAT**

On counts 17-24, when arms are crossed, make sure they are bent at the elbows. Styling option, instead of kicking out on the counts mentioned above, try toe touches out to sides.

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