

You Ain't

拍数: 32 墙数: 0 级数:
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音乐: If Ya Gettin' Down - Five



STEP, TOGETHER, OUT-OUT, IN-IN, STEP, TOGETHER, OUT-OUT, IN-IN

- 1-2 Step forward on right foot; step left foot next to right
&3 Step slightly to the right on right foot, stretching right arm to the right; step slightly to the left on left foot about shoulder width apart from right, stretching left arm to the left
&4 Step right foot to home, bringing right arm back in front of chest; step left foot next to right, bringing left arm back in front of chest
5-6 Step forward on right foot; step left foot next to right
&7 Step slightly to the right on right foot, stretching right arm to the right; step slightly to the left on left foot about shoulder width apart from right, stretching left arm to the left
&8 Step right foot to home, bringing right arm back in front of chest; step left foot next to right, bringing left arm back in front of chest

SIDE STEP, BEHIND, PIVOT, FORWARD SHUFFLE, TO THE RIGHT MILITARY PIVOT, FORWARD SHUFFLE

- 9-10 Lower arms and step to the right on right foot; cross left foot behind right and step
& Pivot $\frac{1}{4}$ turn to the right on ball of left foot
11&12 Shuffle forward (right, left, right)
13-14 Step forward on left foot; pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot
15&16 Shuffle forward (left, right, left)

1 $\frac{1}{4}$ TO THE RIGHT ROLLING TURN, TOGETHER

- 17-18 Step to the right on right foot and begin a $1 \frac{1}{4}$ to the right rolling turn traveling to the right; step on left foot and continue $1 \frac{1}{4}$ to the right rolling turn
19-20 Step on right foot and complete $1 \frac{1}{4}$ to the right rolling turn; step left foot next to right

SYNCOATED HEEL/TOE TOUCHES

- 21 Touch right heel forward
&22 Step right foot next to left; touch left heel forward
&23 Step left foot next to right; touch right toe to the right
&24 Step right foot next to left; touch left toe to the left

BODY TWIST

- 25-26 Keeping left toe pointed to the left, bend knees and dip right shoulder as you twist body a $\frac{1}{4}$ turn to the left; bring right shoulder up and straighten knees
27-28 Bend knees and dip right shoulder as you twist body a $\frac{1}{4}$ turn to the right; bring right shoulder up and straighten knees, keeping left toe pointed to the left

FULL ROLLING TURN TO THE LEFT, TRIPLE STEP

- 29-30 Step to the left on left foot and begin a full rolling turn to the left traveling to the left; step on right foot and complete full rolling turn to the left
31&32 Triple step in place (left, right, left)

REPEAT