

I Ain't Cryin'

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Lana Harvey (USA)
音乐: There'll Be No Teardrops Tonight - Big House



The song "There'll Be No Teardrops Tonight" by Big House has a 16 count intro, then 64 counts at 94 beats per minute (bpm), then switches to 125 bpm for rest of the song. It is probably best to start on the faster music, though it is a bit abrupt. Or you can do 2 slow patterns first. If you dance the slow, it will take a bit of listening to do the change, but it gives you a couple of "practice" patterns before the music takes off.

SHUFFLE, WALK, WALK, SHUFFLE, ROCK FORWARD, BACK

1&2 Shuffle forward left-right-left
3-4 Small walking steps forward right, left
5&6 Shuffle forward right-left-right
7-8 Rock forward onto left, rock back onto right

FULL BACK TURN, ½ TURN SHUFFLE, FORWARD, BACK, ¼ TURN, STEP

9 Pivoting ½ turn left on ball of right, step forward on left
10 Pivoting ½ turn left, step back on right
11&12 Stepping in place left-right-left make ½ turn left
13-14 Rock forward onto right, rock back onto left
15 Turning ¼ to right, step right to right side
16 Step forward on left

ROCK FORWARD, HOLD, BACK STEP SLIDE, COASTER, FORWARD SHUFFLE

17-18 Light stomp forward onto right turning body and toes slightly left, hold
19 Step back left still facing slightly left
20 Slide right back next to left
21 Step back on left, straightening out to front
&22 Step right next to left, step forward left
23&24 Shuffle forward right-left-right

CROSS SHUFFLE, SIDE SHUFFLE, CROSS, BACK, HEEL, CLOSE, CROSS, ¼ TURN

25&26 Crossing left over right, shuffle to right keeping feet crossed
27&28 Uncross feet and side shuffle right-left-right to right side
29& Cross step left over right, step back right
30& Touch left heel forward, step left next to right
31 Cross right over left
32 Turn ¼ turn to left on balls of both feet ending with weight on right

REPEAT