

And That Ain't All

COPPER KNOB
STEPSHEETS

拍数: 120 墙数: 2 级数: Intermediate
编舞者: Renée Mootrey
音乐: Back In the Saddle - Matraca Berg



TOE HEEL STRUTS TO RIGHT, KICK, KICK

1-2 Step to right on right toe, drop right heel
3-4 Step to right on left toe (cross over right), drop left heel
5-6 Step to right on right toe, drop right heel
7-8 Kick left foot diagonally across right twice

TOE HEEL STRUTS TO LEFT, KICK, KICK

1-2 Step to left on left toe, drop left heel
3-4 Step to left on right toe (cross over left), drop right heel
5-6 Step to left on left toe, drop left heel
7-8 Kick right foot diagonally across left twice

STEP SCUFF CIRCLE TO THE RIGHT TO FRONT

1-2 Step ¼ turn right (from front wall) with right, scuff left
3-4 Step ¼ turn right with left, scuff right
5-6 Step ¼ turn right with right, scuff left
7-8 Step ¼ turn right with left, scuff right

KICK, KICK, COASTER STEP, KICK, KICK, COASTER STEP

1-2 Kick right forward twice
3&4 Step back on right, step left next to right, step forward right
5-6 Kick left forward twice
7&8 Step back on left, step right next to left, step forward left

STEP PIVOT X 3, STOMP STOMP

1-2 Step forward with right, pivot ¼ turn to left
3-4 Step forward with right, pivot ¼ turn to left
5-6 Step forward with right, pivot ¼ turn to left
7-8 Stomp right ¼ turn to left (s/b now facing front), stomp left

TOE HEEL STRUTS FORWARD (BOW-LEGGED DREAM)

1-2 Step forward on right toe with right knee pointing in, roll right knee out as you drop right heel
3-4 Step forward on left toe with left knee pointing in, roll left knee out as you drop left heel
5-6 Step forward on right toe with right knee pointing in, roll right knee out as you drop right heel
7-8 Step forward on left toe with left knee pointing in, roll left knee out as you drop left heel

STEP, BRUSHING HOOK, OHHH

The next 5-8 counts slow down to go to the beat of the music!

1-2 Step forward right, brush left forward diagonally left
3-4 Brush left back diagonally to "hook" in front of right, brush left forward diagonally left
5-6 Step down left (home), touch right toe to right side (slow to beat of music)
7-8 Drag right home next to left while pushing bum out back & pushing fists out forward, thrust hips forward while pulling fists back & yelling "ohhhh" - at the same time as the words in the song say "ohhhh" (slow to beat of music)

SHUFFLE WITH WEAVE TO RIGHT, ENDING WITH A TOUCH & SWITCH WEIGHT

1&2 Shuffle to right (step to right with right, step left next to right, step right to right)

- 3-4 Step left behind right, step right to right
- 5-6 Step left in front of right, step right to right
- 7-8 Touch left next to right, switch weight from right to left (now just "touching" right)

STEP PIVOT X 3 (WITH LASSO ARM), STOMP, STAMP

- 1-2 Step forward with right, pivot ¼ turn to left (make lasso (circle to the left) with right arm above head)
- 3-4 Step forward with right, pivot ¼ turn to left (make lasso (circle to the left) with right arm above head)
- 5-6 Step forward with right, pivot ¼ turn to left (make lasso (circle to the left) with right arm above head)
- 7-8 Stomp right ¼ turn to left (s/b now facing front), stamp left (keep weight on right)

SHUFFLE WITH WEAVE TO LEFT

- 1&2 Shuffle to left (step to left with left, step right next to left, step left to left)
- 3-4 Step right behind left, step left to left
- 5-6 Step right in front of left, step left to left
- 7-8 Step right behind left, step left to left

SHUFFLE RIGHT, SHUFFLE LEFT, ½ TURN SHUFFLE RIGHT, SHUFFLE LEFT

- 1&2 Right shuffle in place but facing diagonally right (step down on right, touch weight onto ball of left, step weight onto right)
- 3&4 Left shuffle in place but facing diagonally left (step down on left, touch weight onto ball of right, step weight onto left)
- 5&6 Right shuffle while turning ½ turn right to face back wall
- 7&8 Left shuffle in place but facing diagonally left

STEP, DRAG, STEP, TOUCH, TWICE

- 1-2 Step forward diagonally right with right while pushing fists out forward, drag left up to right while pulling arms back and adding thrust forward motion with hips
- 3-4 Step forward diagonally right with right while pushing fists out forward, touch left next to right while pulling arms back and adding thrust forward motion with hips
- 5-6 Step forward diagonally left with left while pushing fists out forward, drag right up to left while pulling arms back and adding thrust forward motion with hips
- 7-8 Step forward diagonally left with left while pushing fists out forward, touch right next to left while pulling arms back and adding thrust forward motion with hips

BACK STEP, TOUCH, X4

- 1-2 Step back with right, touch left next to right and clap hands
- 3-4 Step back with left, touch right next to left and clap hands
- 5-6 Step back with right, touch left next to right and clap hands
- 7-8 Step back with left, touch right next to left and clap hands

STEP, DRAG, STEP, TOUCH, TWICE

- 1-2 Step forward diagonally right with right while pushing fists out forward, drag left up to right while pulling arms back and adding thrust forward motion with hips
- 3-4 Step forward diagonally right with right while pushing fists out forward, touch left next to right while pulling arms back and adding thrust forward motion with hips
- 5-6 Step forward diagonally left with left while pushing fists out forward, drag right up to left while pulling arms back and adding thrust forward motion with hips
- 7-8 Step forward diagonally left with left while pushing fists out forward, touch right next to left while pulling arms back and adding thrust forward motion with hips

BACK STEP, TOUCH, X4

- 1-2 Step back with right, touch left next to right and clap hands

- 3-4 Step back with left, touch right next to left and clap hands
- 5-6 Step back with right, touch left next to right and clap hands
- 7-8 Step back with left, touch right next to left and clap hands

REPEAT
