

Ain't No Man

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alan Haywood (UK)
音乐: Ain't No Man - Dinah Carroll



RIGHT KICK BALL STEP, HIP BUMPS LEFT-RIGHT-LEFT, RIGHT KICK BALL STEP, HIP BUMPS LEFT-RIGHT-LEFT

1&2 Kick right forward, step right next to left, step left forward
3&4 Bump hips diagonally forward left-right-left (weight ending on left)
5&6 Kick right forward, step right next to left, step left forward
7&8 Bump hips diagonally forward left-right-left (weight ending on left)

SIDE, BEHIND & HEEL & CROSS, ¼ RIGHT, RIGHT BACK, LEFT COASTER

1-2 Step right to right side, cross step left behind right
&3 Step right to right side, touch left heel diagonally forward
&4 Step left next to right, cross step right over left
5-6 Make ¼ turn right stepping left back (3:00) step right back
7&8 Step left back, right back, step left forward

RIGHT SHUFFLE FORWARD, CROSS FULL TURN, RIGHT FORWARD SHUFFLE, LEFT MAMBO

1&2 Step right forward, close left to it, step right forward
3-4 Cross step left over right, on ball of left pivot full turn right hitching right
5&6 Step right forward, close left to it, step right forward
7&8 Rock forward onto left, recover onto right, left back

RIGHT BACK, ½ LEFT, RIGHT FORWARD SHUFFLE, SIDE ROCK, RECOVER, BEHIND AND ACROSS

1-2 Step right back, pivot ½ left stepping left forward (9:00)
3&4 Step right forward, close left to it, step right forward
5-6 Rock left to left side, recover weight onto right
7&8 Cross step left behind right, right to right side, cross step left over right

REPEAT

TAG

At the end of wall 4, facing 12:00, add 16 count tag as follows:

2 X MONTEREY TURN

1-2 Point right to right side, pivot ½ turn right, stepping right next to left
3-4 Point left to left side, step left next to right
5-6 Point right to right side, pivot ½ turn right, stepping right next to left
7-8 Point left to left side, step left next to right

ROCK, RECOVER, RIGHT BACK SHUFFLE, ROCK BACK RECOVER LEFT FORWARD SHUFFLE

1-2 Rock forward right, recover left
3&4 Step right back, close left to it, step right back
5-6 Rock back left, recover weight onto right
7&8 Step left forward, close right to it, step left forward

When using alternative music, no tag required