

Ain't Nobody

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 4 级数: Intermediate
编舞者: Jackie Barber (UK)
音乐: Ain't Nobody - Chaka Khan



RIGHT MAMBO FORWARD, LEFT MAMBO FORWARD TWICE

1&2 Rock forward onto right recover onto left, close right next to left
3&4 Rock back onto left recover onto right, close left next to right
5-8 Repeat steps 1-4

RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, RIGHT CROSS UNWIND ½ TURN LEFT, LEFT COASTER STEP

1&2 Step right forward, step left beside right, step right forward
3&4 Step left forward, step right beside left, step left forward
5-6 Cross right over left, unwind ½ turn left transferring weight onto right
7&8 Step back onto left, close right next to left, step forward left

JAZZ BOX, CROSS STEP, LONG STEP RIGHT, CLOSE FEET, AND CHASSE RIGHT

1-2 Cross right over left, step back onto left
3-4 Step right to right side, cross left over right
5-6 Step right foot a long step to right side, close left next to right
7&8 Step right to right side, close left beside right, step right to right side

CROSS ROCK RECOVER, CHASSE LEFT, WEAWE ¼ TURN LEFT

1-2 Cross rock left over right, recover onto right
3&4 Step left to left side, close right beside left, step left to left side
5-6 Cross right over left, step left to left side
7&8 Cross right behind left, step left forward ¼ turn over left shoulder

RIGHT CROSS UNWIND ½ TURN LEFT, LEFT COASTER STEP, CROSS STEP, KICK LEFT FORWARD, TOUCH RIGHT BEHIND

1-2 Cross right over left, unwind ½ turn left transferring weight onto right
3&4 Step back onto left, close right next to left, step forward left
5-6 Cross step right over left, kick left to left diagonal
7-8 Step left next to right, touch right diagonally back right

CROSS STEP RIGHT, KICK LEFT FORWARD, TOUCH RIGHT BEHIND, JAZZ BOX, CROSS STEP

1-2 Cross step right over left, kick left to left diagonal
3-4 Step left next to right, touch right diagonally back right
5-6 Cross right over left, step back onto left
7-8 Step right to right side, cross left over right

LONG STEP RIGHT, CHASSE ¼ TURN RIGHT, LONG STEP LEFT, CHASSE LEFT

1-2 Step right foot a long step to right side, close left next to right
3&4 Step right to right side, close left beside right, step right to ¼ turn right side
5-6 Step left foot a long step to left side, close right next to left
7&8 Step left to left side, close right beside left, step left to left side

ROCK BACK RIGHT RECOVER ½ TURN LEFT ROCK BACK LEFT RECOVER ½ TURN RIGHT, RIGHT LOCK STEPS BACK, LEFT LOCK STEPS BACK

1&2 Rock back onto right foot recover onto left making a half turn over your left shoulder stepping back onto right

- 3&4 Rock back onto left foot recover onto right making a half turn over your right shoulder stepping back onto left
- 5&6 Step back right, lock left over right, step back on right
- 7&8 Step back left, lock right over left, step back on left

ROCK BACK RIGHT, RECOVER ONTO LEFT MAKE ¼ TURN LEFT STEP RIGHT TO RIGHT SIDE, ROCK BACK LEFT RECOVER, STEP LEFT TO LEFT SIDE, STEP TURN STEP FORWARD, LEFT LOCK STEP FORWARD

- 1&2 Rock back onto right foot, recover onto left make ¼ turn left stepping right to right side
- 3&4 Rock back onto left recover onto right, step left to left side
- 5&6 Step forward onto right foot pivot ½ a turn over left shoulder, step forward right
- 7&8 Step left forward, lock right behind left, step left forward

FULL TURN LEFT, RIGHT ROCK CROSS, LEFT ROCK CROSS, CHASSE RIGHT

- 1-2 Make a ½ turn left stepping back onto right, make another ½ turn left stepping forward onto left
- 3&4 Rock right out to right side recover onto left, cross right over left
- 5&6 Rock left out to left side recover onto right, cross left over right
- 7&8 Step right to right side, close left beside right, step right to right side

LEFT CROSS, SIDE, BEHIND & HEEL, STEP, RIGHT CROSS, SIDE, BEHIND & HEEL, STEP

- 1-2 Cross left over right, step right to right side
- 3&4& Step left behind right, step right to right side, dig the left heel forward, step left next to right
- 5-6 Cross right over left, step left to left side
- 7&8& Step right behind left, step left to left side, dig the right heel forward, step right next to left

STEP LEFT, HIP BUMPS, STEP RIGHT HIP BUMPS, TOUCH BEHIND UNWIND, STEP ½ TURN LEFT,

- 1&2 Step forward left, bump hips left, right, left
- 3&4 Step forward right, bump hips right, left, and right
- 5-6 Touch left toe behind unwind ½ turn transferring the weight to right foot
- 7-8 Step forward onto the left foot and pivot ½ turn left

REPEAT

RESTART

Restart on wall 2 at the end of section 11. Replace the heel dig with a touch and restart the dance
