

Ain't That A Shame

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate/Advanced
编舞者: Maggie Gallagher (UK)
音乐: Ain't That A Shame - The Dean Brothers



PAUSE, PAUSE, STOMP, STOMP, PAUSE, PAUSE, KNEE POPS

1-2 Pause, pause (you make me)
3-4 Right stomp(right arm out to side), left stomp (left arm out to side)
5-6 Pause, pause (me cry)
7-8 Left knee pop forward as you push right hip back, right knee pop forward as you push left hip back (take weight onto left)

7,8 looks good if you flick your head from left to right as you pop your knees

PAUSE, PAUSE, WALK RIGHT, LEFT, KICK BALL CHANGE TWICE

1-2 Pause, pause (when you say)
3-4 Walk forward right, left
5&6 Right low kick forward, step onto ball of right, step down onto left
7&8 Right low kick forward, step onto ball of right, step down onto left

(MODIFIED SAILOR SHUFFLES) STOMP, BEHIND, SIDE, STOMP, BACK TURN QUARTER, STEP, STOMP HOLD, BALL-LOCK, STEP, BALL-LOCK, STEP

1-2& Stomp right forward diagonally, left behind right, right step to right side
3-4& Stomp left diagonally forward, right step back into quarter turn to right, left step to left side
5-6 Stomp right diagonally forward, hold for one count
&7 Lock ball of left up behind right, step right diagonally forward
&8 Lock ball of left up behind right, step right diagonally forward

CROSS, UNWIND, STEP SIDE, PAUSE, TOUCH-DROP, OUT DROP, TOUCH-DROP, OUT DROP

1-2 Step left over right, unwind full turn to right
3-4 Step left out to left side, pause with arms out to sides
&5 Touch right toe next to left instep (while lifting left slightly off the floor), drop left heel
&6 Touch right toe out to right side (lifting left heel slightly off the floor), drop left heel
&7 Touch right toe next to left instep (lifting left heel slightly off the floor), drop left heel
&8 Touch right toe out to right side (lifting left heel slightly off the floor), drop left heel

LUNGE FORWARD, TOUCH (& CLICK FINGERS), STEP BACK, TOUCH SIDE (& CLICK FINGERS), (2 SYNCOPATED VAUDEVILLE KICKS) KICK-BALL-KICK, STEP-TOUCH, HOLD

1-2 Right step into lunge forward, touch left toe up behind right (click finger up high in front)
3-4 Left step back, touch right toe out to right side (click fingers, bringing arms down to sides)
5& Kick right diagonally forward to left, step down on ball of right
6& Kick left diagonally forward to right, step down on left
7-8 Touch right next to left instep, pause

(SYNCOPATED WEAVE RIGHT) SIDE-CROSS, SIDE BEHIND, SIDE-CROSS, UNWIND, SIDE, SAILOR STEP, STOMP

&1 Right step out to right side, left cross step over right
&2 Right step out to side, left step behind right
&3 Right step out to right side, left cross step over right
4 Unwind full turn to right (weight ends on right foot)
5 Left step out to left side
6&7 Right step behind left, left step out to left side, right step out to right side
8 Stomp left to left side

REPEAT
