

# Ain't You Glad

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Beginner  
编舞者: Teri Rogers (USA)  
音乐: California Girls - Gretchen Wilson



## **CROSS ROCK, RECOVER, RIGHT SIDE SHUFFLE, CROSS ROCK, RECOVER, SHUFFLE LEFT**

1-2      Cross rock right foot over left, recover back on left  
3&4      Step right foot to right, step left foot next to right, step right foot to right  
5-6      Cross rock left foot over right, recover back on right  
7&8      Step left foot to left, step right foot next to left, step left foot to left

## **JUMP FORWARD, CLAP, JUMP BACK, CLAP, HIP ROLLS (AROUND THE WORLD)**

&1-2      Jump forward on right, step left next to right, clap  
&3-4      Jump back on right, step left next to right, clap  
5-6      Roll hips around from right to left shifting weight from right foot to left  
7-8      Roll hips around from right to left shifting weight from right foot to left

## **FORWARD SHUFFLE, ½ TURN RIGHT, FORWARD SHUFFLE, ½ TURN LEFT**

1&2      Step right foot forward, step left foot next to right, step right foot forward  
3-4      Step forward on left, pivot ½ right  
5&6      Step left foot forward, step right foot next to left, step left foot forward  
7-8      Step forward on right, pivot ½ left

## **ROCKING CHAIR, VINE RIGHT, SCUFF**

1-2      Rock forward on right foot, recover back on left  
3-4      Rock back on right foot, recover forward on left  
5-6      Step right feet to right side, step left foot crossed behind right  
7-8      Step right feet to right side, scuff left foot

## **ROCKING CHAIR, VINE LEFT ¼ TURN LEFT, SCUFF**

1-2      Rock forward on left foot, recover back on right  
3-4      Rock back on left foot, recover forward on right  
5-6      Step left foot to left side, step right foot crossed behind left  
7-8      Turn ¼ left steps left foot forward, scuff right foot

## **MODIFIED JAZZ BOX**

1-2      Cross right toe over left, drop heel  
3-4      Touch left toe back, drop left heel  
5-6      Touch right toe to right side, drop right heel  
7-8      Touch left toe next to right, drop left heel (weight on left foot)

## **REPEAT**

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