

Ain't Dancin' Long Like This

COPPER KNOB
BY STEPHEN T. C.

拍数: 32 墙数: 4 级数: Beginner
编舞者: Steve Hart (USA)
音乐: Ain't Livin' Long Like This - Andy Griggs



This dance was written especially for beginning dancers to begin to use variations

CROSS ROCK, STEP, HOLD, CROSS ROCK, STEP, HOLD

1-2 Step right foot in front of left, rock onto left foot
3-4 Step right foot together, hold
5-6 Step left foot in front of right, rock onto right foot
7-8 Step left foot together, hold

RIGHT VINE WITH TOUCH, LEFT VINE WITH TOUCH

9-10 Step right foot to right side, cross left foot behind right
11-12 Step right foot to right side, touch left foot together
13-14 Step left foot to left side, cross right foot behind left
15-16 Step left foot to left side, touch right foot together

STEP, HALF, SHUFFLE, STEP, QUARTER, SHUFFLE

17-18 Step right foot forward, pivot half turn left
19&20 Right shuffle forward (right, left, right)
21-22 Step left foot forward, pivot quarter turn right
23&24 Left shuffle forward

TOE STRUTS

25-26 Step right toe forward, drop right heel to floor
27-28 Step left toe forward, drop left heel to floor
29-30 Step right toe forward, drop right heel to floor
31-32 Step left toe forward, drop left heel to floor

REPEAT
