

Ain't Cha

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rico Peeters (NL) - February 2007
音乐: Ain't No Doubt - Jimmy Nail : (CD: The Best of Jimmy Nail)



RESTART DANCE : Starting with wall 8 , count marked with (***) within section 2 is a ?RESTART ? (see below).

Indicating this ?RESTART? in the music between 2:30 (start instrumentals) and 2:40 minutes.

Section 1 Walks, Step Push 1/4 Turn Right, Chassé Left, Sweep 1/2 Turn Right, Mambo Cross

- 1 RF Step forward
- 2 LF Step forward
- 3 RF Step forward with 1/4 turn to left (push hip to the right ,weight onto RF)
- 4 LF Step to the side
- & RF Step next to LF
- 5 LF Step to the side
- 6 RF Sweep behind LF
- & LF Step 1/4 turn to the right
- 7 RF Step forward with 1/4 turn to the right
- 8 LF Rock to the side
- & RF Recover (weight onto RF)
- 1 LF Cross over RF

Section 2 Step , Touch, Chassé Left, Step Rock Forward, Hitch , Syncopated Coasterstep 1/4 Turn Right

- 2 RF Step to the side
- 3 LF Touch next to RF (weight onto RF)
- 4 LF Step to the side
- & RF Step next to LF
- 5 LF Step to the left
- 6 RF Step forward and rock
- 7 RF Hitch (recovering weight onto LF)
- 8 RF Step behind LF with 1/4 turn to the right
- & LF Step next to RF
- 1 RF Step forward *** (? RESTART ? dance section 1 within this count at 3 o clock) ***

Section 3 Pivot 1/4 Turn Right, Syncopated Weave, Point, Cross, Mambo Step

- 2 LF Step forward
- 3 LF&RF Step 1/4 turn to the right (weight onto RF)
- 4 LF Step behind RF
- & RF Step to the side
- 5 LF Cross over RF
- 6 RF Point to the side (to the right side 1/8 diagonal in front)
- 7 RF Cross over LF
- 8 LF Step to the side
- & RF Recover (weight onto RF)
- 1 LF Step forward

Section 4 Pivot 1/4 Turn Left, Cross Shuffle, Mambo Rock, Step Back, Slide & Touch

- 2 RF Step forward
- 3 RF&LF Step 1/4 turn to the left (weight onto LF)
- 4 RF Cross over LF
- & LF Step close behind RF
- 5 RF Cross over LF

- 6 LF Step forward with 1/4 turn to the left
- & RF Recover (weight onto RF)
- 7 LF Step behind RF
- 8 RF Slide next to LF with touch

Start Again and have Fun!

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