

Aint No Fool

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Justine Brown (UK) - April 2011
音乐: Giddy On Up - Laura Bell Bundy



Section One: Touch Right Forward Heel Split, Touch Left Forward Heel Split, Mambo Rock, Coaster Cross

- 1 & 2 Touch Right Toe Forward, Swivel both Heels apart, Swivel heel both Heels together (taking weight on Right)
3 & 4 Touch Left Toe Forward, Swivel both Heels apart, Swivel both Heels together (taking weight on left).
5 & 6 Right Rock Forward, Recover Back onto Left, Step Right in Place.
7 & 8 Step Left Back, Step Right Beside, Cross Left over right.

Section Two: Rock Side, Recover, Cross, Touch Left to side, Bumping Hips, Cross Rock, ¼ right, Shuffle Full Turn

- 1 & 2 Rock Right to Right side, Recover side on left, Cross Right over Left.
3 & 4 Touch Left to side, Bump hips, Left, Right, Left (taking weight onto left).
5 & 6 Cross Rock Right over Left, Recover back onto left, Turn ¼ right stepping right forward. (3:00)
7 & 8 Triple full turn Right, stepping Left, Right Left... (can be replaced with a forward shuffle).

Section Three: Mambo Rock, Cross, Back, Side, Cross, Coaster Step, Walk,

- 1 & 2 Rock Right Forward, Recover back on Left, Step Back on Right.
3 & 4 Cross Left over Right, step Back on Right, Step Left to Left side.
5 - 6 Cross Right over left, Step Back on Left.
& 7 - 8 Step Right beside Left, Step Left Forward, Walk Right Forward.

Section Four: Step Forward, Monterey ½, Step Forward, Monterey ½

- 1 - 2 Step Forward on Left, Point Right to side.
3 - 4 Turn ½ right onto right foot, Point Left to side (9:00)
5 - 6 Step Forward on Left, Point Right to side.
7 - 8 Turn ½ right into right foot, Point Left to side. (3:00)

Section Five: Samba step, Samba Step, Forward Rock Coaster Step

- 1 & 2 Cross Left forward over right, Rock Right to side, step Left in place.
3 & 4 Cross Right forward over Left, Rock Left to side, Step Right in place.
5 - 6 Rock Left Forward, Recover back onto right.
7 & 8 Step back on Left, Step Right Beside Left, Step Left Forward.

Section Six: Forward Rock, Recover, Turn ½, Turn ½, Turn ½, Step, Kick Ball Change.

- 1 - 2 Rock Right forward, Recover back onto Left.
3 - 4 Make ½ turn Right stepping forward Right, Make ½ turn Right stepping back Left.
5 - 6 Make ½ turn Right stepping forward Right, Step forward Left. (9:00)
7 & 8 Kick Right Forward, Step Right next to left, Step Left in place.

RESTART

TAG 1: END OF 2ND WALL (FACING BACK 6:00) 12 COUNT TAG.

FULL TURN - ROCKING CHAIR

- 1 -2 Step Right Forward - Pivot ¼ turn
3-4 Step Right Forward - Pivot ¼ turn
5-6 Step Right Forward - Pivot ¼ turn
7-8 Step Right Forward - Pivot ¼ turn

9-10 Rock Right forward, Recover back on left
11-12 Rock Right Back – Recover forward onto Left

TAG 2: END OF 4TH WALL (FACING FRONT 12:00) 4 COUNT TAG.

ROCKING CHAIR

1-2 Rock Right forward, Recover back on left
3-4 Rock Right Back – Recover forward onto Left

Plus, there is time at the end of the music after the Monterey turn to swing around to face front for a “strike a pose” ending..

Enjoy
