

Ain't Nobody

COPPER KNOB
BY STEPHEN BATES

拍数: 48 墙数: 2 级数: Improver
编舞者: Clare Bull (UK) - January 2012
音乐: Ain't Nobody - Mary J. Blige : (Album: My Life li...The Journey Continues)



Starts On Lyrics.

RIGHT ROCK REPLACE & ROCK REPLACE, WALK BACK L,R, COASTER CROSS [12:00]

1-2& Rock fwd on right, replace weight on left, step right next to left
3-4 Rock fwd on left, replace weight on right
5-6 Walk back left, right
&7-8 Step left back, step right together, cross left over right

TURN 1/4 LEFT, SIDE, REPLACE, WALK L,R, SHUFFLE, MAMBO [9:00]

1-2& Turn 1/4 left stepping back on right, step left to left side, replace weight on right
3-4 Walk fwd left, right
5&6 Step fwd on left, step right next to left, step fwd on left
7&8 Rock fwd on right, replace weight on left, step back on right

BEHIND-SIDE-CROSS, SCISSOR STEP, SHUFFLE 1/4, 1/4 CHASSE [3:00]

1&2 Cross left behind right, step right to right side, cross left over right
3&4 Step right to right side, step Left beside Right. Cross right over left
5&6 Step left to left side, step together with right, step fwd on left making 1/4 turn left
7&8 Step right to side making a 1/4 turn left, step together with left, step right to right side

BACK ROCK, KICK BALL CROSS, SCISSOR, TOUCH OUT-IN, 1/4 TURN [6:00]

1-2 Rock back on left, replace weight on right
3&4 Kick left fwd, replace weight on left, cross right over left
5&6 Step left to left side, step right beside left. Cross left over right
7&8 Touch right toe out to right side, touch right toe next to left, step fwd on right making 1/4 turn right

WALK IN A FULL CIRCLE L,R,L,R, MAMBO, COASTER [6:00]

1-4 Walk in a full circle clockwise
5&6 Rock fwd on left, replace weight on right, step back on left
7&8 Rock back on right, replace weight left, step fwd on right

* TAG / RESTART HERE DURING WALL 3

REPLACE STEPS 7&8 WITH A COASTER TOUCH (Rock back on right, replace weight left, touch right next to left)

SIDE TOUCH, CHASSE, SIDE TOUCH, BACK ROCK [6:00]

1-2 Step left to left side, touch right toe next to left
3&4 Step right to right side, step together with left, step right to right side
5-6 Step left to left side, touch right toe next to left
7-8 Rock back on right, replace weight on left

* TAG / RESTART: WALL 3 - AFTER 40 COUNTS

REPLACE STEPS 7&8 WITH A COASTER TOUCH (Rock back on right, replace weight left, touch right next to left)

ENJOY!

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