

I Ain't in Checotah

拍数: 52 墙数: 2 级数: Improver / Intermediate
编舞者: Karen Hannaford (NZ) - November 2012
音乐: I Ain't in Checotah Anymore - Carrie Underwood : (Album: Some Hearts - 3:21)



Start on vocals (16 count intro)

[1-8] CROSS ROCK, TOG, CROSS ROCK, SIDE ROCK, HITCH & TURN, BACK, BACK.

1,2& Step L over right, recover weight on R, step L next to right. 12:00
3,4 Step R over left, recover weight on L.
5,6 Step R to right side, recover weight to L hitching the right and make a full turn right
7,8 Step R back, step L back while sweeping right to right side. 12:00

(Non turning option: count 6 just hitch without turning.)

[9-16] BEHIND, SIDE, CROSS, ¾ UNWIND, COASTER, PRISSY WALKS R,L, STEP R ¼ TURN LEFT, TOG

1& Continue to sweep R and cross behind, step L to left side 12:00
2,3 Cross R in front of left, unwind ¾ left taking weight onto R 3:00
4&5 Step L back, step R beside left, step L fwd.
6,7 Step fwd on R crossing over the left, step fwd on L crossing over the right
8& Turning ¼ left step R to right side, step L next to right 12:00

[17-24] CROSS, FULL UNWIND, TOG, CROSS, FULL UNWIND, TOG, CROSS ROCK, SAILOR, CROSS ¼

1, 2& Cross R over left, unwind 360 degrees left taking weight to R, step L next to right 12:00
3, 4& Cross R over left, unwind 360 degrees left taking weight to R, step L next to right

(On the above counts, you should be moving on a slight diagonal, aiming for roughly 10:00 but still facing 12:00)

5,6 Cross R over left, recover weight to L 12:00
7&8& Step R behind left, step L to left side, step R to right side, cross L in front of right turning ¼ left 9:00

Note: Count "&" ¼ turn left. It may help to jump slightly as you do this so you don't trip over your other foot

[25-32] BACK DRAG, BACK, TOG, CROSS SHUFFLE, SCISSORS, 1/4, 1/4. FWD.

1,2& Step back on R dragging left, step L back, step R beside L 9:00
3&4 Cross L over right, step R to right side, cross L over right
5&6 Step R to right side, step L next to right, cross R over left.
7&8 Turn ¼ right stepping back on L, turn ¼ right step R to side, step fwd L (^) 3:00

{Wall 5 Tag / Resart here}

[33-40] CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, ¼, ¼, FWD, FULL TURN, HALF PIVOT

1&2& Cross R over left, step L to left side, cross R behind left, sweep L round from front to back. 3:00
3&4 Cross L behind right, step R to right side, Cross L in front of right. (#)

{Wall 4 Tag / Restart here}

5&6 Turning ¼ left step back on R, turning ¼ left step L to left side, step R fwd 9:00
7& Turn ½ right and step back on L, Turn ½ right and step fwd on R,
8& Step fwd on L, pivot ½ right taking weight on R. 3:00

[41-48] FWD, DRAG, ROCK, REPLACE, ½ ROCK, REPLACE, ½ ROCK, REPLACE, ¼ SIDE, SCUFF, JAZZ SQUARE CROSS

1,2 Take a big step fwd on L, dragging R up to meet left over the two counts 3:00
3&4& Rock fwd on R, recover weight to L, turn ½ right and rock fwd on R, recover weight to L 9:00
5&6& Turn ½ right and rock fwd on R, recover weight to L, turn ¼ R and step R to right side, scuff L fwd 6:00

7&8& Step L across right, step R back, step L to left side, cross R over left. 6:00

[49-52] SCISSORS X2 DRAG

1&2 Step L to left side, step R next to left, cross L over right 6:00

3&4& Step R to right side, step L next to right, cross R over left, drag L up to meet right 6:00

(Count 52&: the drag starts as soon as you have weight on the R and feet should be together on the '&' count. Continue moving the L smoothly across and fwd as you start the dance again)

TAGS AND RESTARTS:-

WALL 4: Dance to count 36 (#) (you will be facing 9:00), Add the following 2 count tag, then Restart facing 12:00

1&2 Turn ¼ right and side shuffle (step R to right side, step L next to right, step R to right side)
12:00

WALL 5: Dance to count 32(^)(You will be facing 3:00),Add the following 2 count Tag and Start again facing 12:00

1,2 Turn to 12:00 and step R to right side dragging L towards right for 2 counts 12:00

ENDING Dance to count 7 and drag L back to touch toe in front of right.

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