

Ain't Killed Me Yet

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數:
編舞者: Gordon Elliott (AUS) - May 2015
音樂: Livin' Ain't Killed Me Yet - Reba McEntire : (Album: Love Somebody)



Original Position: Feet Together Weight On The Left Foot.

This dance is done in FOUR directions. Introduction : 32 Beats.

S1: HEEL & HEEL & PIVOT TURN, HEEL & HEEL & PIVOT TURN

1 & Touch R Heel Forward, Step R Together,
2 & Touch L Heel Forward, Step L Together,
3, 4 Pivot : Step R Forward, Turn 180° Left Take Weight Onto L,
5 & Touch R Heel Forward, Step R Together,
6 & Touch L Heel Forward, Step L Together,
7, 8 Pivot : Step R Forward, Turn 180° Left Take Weight Onto L. (12.00)

S2: FORWARD, ROCK, SHUFFLE BACK, COASTER STEP, FORWARD, FORWARD

1, 2 Step R Forward, Rock Back Onto L,
3 & 4 Shuffle Back Step : R-L-R,
5 & 6 Coaster : Step L Back, Step R Together, Step L Forward,
7, 8 Step R Forward, Step L Forward. (12.00)

S3: OUT-OUT, CLICK, HIP, HIP, SAILOR STEP, SAILOR STEP

& 1, 2 Step R To The Side, Step L To The Side, Hold & Click Fingers,
3, 4 Push Hips To The Right, Push Hips To The Left,
5 & 6 Sailor: Step R Behind Left, Step L To The Side, Step R To The Side,
7&8 Sailor: Step L Behind Right, Step R To The Side, Step L To The Side.(12.00) ##

S4: BEHIND, 1/2 UNWIND, SHUFFLE ACROSS, 1/4 BACK, 1/4 SIDE, ACROSS, HOLD

1, 2 Touch R Toe Behind Left, Turn 180° Right Take Weight Onto R,
3 & 4 Shuffle Left Across In Front Of Right Step : L-R-L,
5, 6 Turn 90° Left Step R Back, Turn 90° Left Step L To The Side,
7, 8 Step R Across In Front Of Left, Hold. (12.00)

S5: TOUCH & TOUCH & TOUCH, HOLD, BEHIND-SIDE-ACROSS, SIDE, HOLD

1 & Touch L Toe To The Side, Step L Together,
2 & Touch R Toe To The Side, Step R Together,
3, 4 Touch L Toe To Side, Hold,
5 & 6 Step L Behind Right, Step R To The Side, Step L Across In Front Of Right,
7, 8 Step R To The Side, Hold. (12.00)

S6: BEHIND, 1/4 FORWARD, 1/2 SHUFFLE BACK, BACK, ROCK, KICK BALL ACROSS

1, 2 Step L Behind Right, Turn 90° Right Step R Forward,
3 & 4 Turn 180° Right Shuffle Back Step : L-R-L,
5, 6 Step R Back, Rock Forward Onto L,
7 & 8 Kick R Forward, Step R Together, Step L Across In Front Of Right. (9.00) #

S7: SIDE, DRAG & ACROSS, HOLD & ACROSS & ACROSS, SIDE, ROCK

1, 2 & Big Step R To The Side, Drag L Towards Right, Step L Together,
3, 4 Step R Across In Front Of Left, Hold,
& 5 Step L To The Side, Step R Across In Front Of Left,

& 6 Step L To The Side, Step R Across In Front Of Left,
7, 8 Step L To The Side, Side Rock Onto R. (9.00)

S8: SAILOR STEP, BEHIND, 1/2 UNWIND, ACROSS, 1/2 UNWIND, BACK, ROCK

1 & 2 Sailor : Step L Behind Right, Step R To The Side, Step L To The Side
3, 4 Touch R Toe Behind Left, Turn 180° Right Take Weight Onto R,
5, 6 Touch L Toe Across In Front Of R, Turn 180° Right Take Weight Onto L,
7, 8 Step R Back, Rock Forward Onto L. (9.00)

RESTART 1 : On WALL 2 dance to BEAT 48 (#) and RESTART facing the BACK

RESTART 2 : On WALL 5 dance to BEAT 24 (##) and RESTART facing the FRONT

Contact 02 9550 6789 Website www.dancewithgordon.com

This Video and others can also be viewed via my website

To view this dance by Gordon visit <http://youtu.be/lcYGvH8Lw8w>
