

Ain't No Bad Time

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Donna M. Ruane - June 2015
音樂: Ain't No Bad Time (Craig Stull, Black Toast Music)



Start dance on lyrics (16 counts in). CCW rotation

(1-8) DIAGONAL RIGHT AND LEFT TOE STRUTS, RIGHT SIDE ROCK CROSS, HOLD AND CLAP.

1-4 Touch right toe out on right diagonal, lower right heel. Touch left toe out on diagonal, lower left heel.

5-8 Rock right to right side, recover left, cross right over left (weight on right), hold and clap.

(9-16) FORWARD (12:00) LEFT AND RIGHT TOE STRUTS, LEFT SIDE ROCK CROSS, HOLD AND CLAP.

1-4 Touch left toe out forward (12:00), lower left heel. Touch right toe out forward, lower right heel.

5-8 Rock left to left side, recover right, cross left over right (weight on left), hold and clap.

(17-24) RIGHT VINE WITH LEFT SLIDE FLICK. LEFT VINE WITH RIGHT SLIDE FLICK.

1-4 Step right to right side, step left behind right, step right to right side, drag left towards right into flick behind right.

5-8 Step left to left side, step right behind left, step left to left side, drag right towards left into flick behind left.

(25-32) TWO LEFT PADDLE TURNS, RIGHT ROCKING CHAIR.

1-2 Step right forward diagonal, turn 1/8 left (weight to left).

3-4 Step right forward diagonal, turn 1/8 left (weight to left). (9:00).

5-8 Rock right forward, recover left, rock right back, recover left.

Repeat.

Please do not alter this step sheet in any way. If you would like to use it on your website or make copies, it must be used in its original format. Contact the choreographer with any questions, druane1@comcast.net.