

Ain't Your Mama!

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Anna Badiella (ES) - May 2016
音樂: Ain't Your Mama - Jennifer Lopez



Intro: 8 + 32 Lyrics Bpm: 112

[1-8]: Right STEP, Left TOE, BACK, TOUCH, Right SIDE, TOUCH, Left CROSS, ¼ TURN Jump BACK, SIDE.

- 1 Step right forward
- 2 Touch left toe behind right foot
- 3 Step left back
- 4 Touch right toe beside left foot
- 5 Step right to right side
- 6 Touch left toe beside right foot
- 7 Cross left over right foot
- & ¼ turn left, jump back on right foot (9:00)
- 8 Step left to left side

[9-16]: Right & Left HEEL STRUTS, Right ROCK STEP, ¼ TURN & SIDE, CROSS, ¼ TURN & STEP.

- 1 Touch right heel forward
- 2 Drop right to
- 3 Touch left toe forward
- 4 Drop left toe
- 5 Step right forward
- 6 Recover weight on left foot
- 7 ¼ turn right, step right to right side
- & Cross left over right foot
- 8 ¼ turn right, step right forward (3:00)

[17-24]: Left STEP, KNEE OUT-IN, Right STEP KNEE OUT-IN, Left SIDE, TOGETHER, Left CHASSE.

- 1 Step left forward
- & Both knees out
- 2 Both knees in
- 3 Step right forward
- & Both knees out
- 4 both knees in
- 5 Step left to left side
- 6 Step right beside left foot
- 7 Step left to left side
- & Step right beside left foot
- 8 Step left to left side

[25-32]: Right-Left-Right BACK & HIP BUMPS, Left UNWIND FULL TURN & TOUCH.

- 1 Step right back
- & Hip bump left forward
- 2 Recover weight and hip bump right
- 3 Step left back
- & Hip bump right forward
- 4 Recover weight and hip bump left
- 5 Step right back
- & Hip bump left forward

- 6 Recover weight and hip bump right
- 7 Touch left toe behind right foot
- & Full turn left, weight on left foot
- 8 Touch righty beside left foot

START AGAIN

RESTARTS: During first and fifth walls (1^a & 5^a), dance only until count 16, change right step for a Touch, in both occasions you are facing wall 3:00.
