

Ain't No Saint

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jessica Boström (SWE) - June 2016
音樂: Ain't No Saint - Peg Parnevik



(Start after 32 counts, 14 secs in)

S1. Side. Behind. ¼ Turn R. Back. Back. Back with a Hitch. Back with a Hitch x 2. Back. Body Roll & Sit.

1-2& Step R to Right side. Cross Step L behind R. Turn ¼ Right Step R Forward. (3.00)
3&4 Step Back on L. Step Back on R. Step Back on L as you Hitch R.
5-6 Step Back on R as you Hitch L. Step Back on L as you Hitch R.
7&8 Step Back on R. Body Roll & Sit (weight on R).

S2. Walk x2. Cross Samba x2. Cross. 1/4 Turn L. 3/8 Turn L.

1-2 Walk Forward L. Walk Forward R.
3&4 Cross L Over R. Step R slightly to Right Side. Recover weight onto L.
5&6 Cross R Over L. Step L slightly to Left side. Recover weight onto R.
7&8 Cross L Over R. Turn ¼ Left Step Back on R. Turn 3/8 Left Stepping Forward on L. (7.30)

S3. Forward. Touch. Back. Touch. Back. Touch. Forward. Rocking Chair. Kick Ball Step.

1&2& Step R Forward. Touch L Beside R. Step Back on L. Touch R Beside L.
3&4 Step Back on R. Touch L Beside R. Step Forward L.
5&6& Rock Forward on R. Recover onto L. Rock Back on R. Recover onto L.
7&8 Kick R Forward. Step R in place. Step L Forward. (7.30)

S4. Forward. Touch. Back. Touch. Back. Touch. Forward. Cross. Back. Side Cross. Back. Side. Cross.

1&2& Step R Forward. Touch L Beside R. Step Back on L. Touch R Beside L.
3&4 Step Back on R. Touch L Beside R. Step Forward L. (squaring up towards 6.00)
5&6& Cross R over L. Step Back on L. Step R to Right Side. Cross L over R.
7&8 Step Back on R. Step L to Left Side. Cross R over L. (6.00) *X1 (see below)

S5. Side with a heel drag. Behind. Side. Cross. Side. Behind & Sweep. Behind. Side. Cross. ¼ L. ¼ L. Cross

1 Step L to Left side as you drag R heel towards L.
2&3&4 Step R Behind L. Step L to Left Side. Cross R over L. Step L to Left Side. Step R Behind L as you Sweep L from Front to Back.
5-6 Step L Behind R. Step R to Right Side.
7&8& Cross L over R. Turn ¼ Left Step Back on R. Turn ¼ Left Step L to Left Side. Cross R over L. (12.00)

S6. Side with a heel drag. Behind. Side. Cross. Side. Behind & Sweep. Behind. Side. Cross. ¼ L. ¼ L.

1 Step L to Left side as you drag R heel towards L.
2&3&4 Step R Behind L. Step L to Left Side. Cross R over L. Step L to Left Side. Step R Behind L as you Sweep L from Front to Back.
5-6 Step L Behind R. Step R to Right Side.
7&8 Cross L over R. Turn ¼ Left Step Back on R. Turn ¼ Left Step L to Left Side. (6.00)

S7. Cross. Back. Side. Cross. Kick. Hitch. Cross. Back. Side. Cross. Kick. Hitch. Cross. Hold.

1&2& Cross R over L. Step Back on L. Step R to Right Side. Cross L over R.
3&4 Kick R slight to R Diagonal. Hitch R. Cross R Over L (on &4 Clap two times).
5&6 Step Back on L. Step R to Right Side. Cross L over R.
&7&8 Kick R slight to R Diagonal. Hitch R. Cross R Over L. Hold. (6.00)

(for styling add shoulder pops on &7&8& - L up, R up, L up, R up, L up)

S8. Side with a heel drag. Behind. Turn ¼ L Mambo Step. Back Lock Step. ½. ½. ¼. Cross.

- 1-2& Step L to Left side as you drag R heel towards L. Step R Behind L. Turn ¼ L Stepping L Forward. (3.00)
- 3&4 Rock Forward on R. Recover onto L. Step Back on R.
- 5&6 Step Back on L. Lock R over L. Step Back on L.
- 7&8& Turn ½ Right Step Forward On R. Turn ½ Right Step Back on L. Turn ¼ Right Step R to Right Side. Cross L over R. (6.00)

X-tra:

***X1: Wall 3 dance up to 7& in Section 4 then Hold on 8 then insert Section 7 (Clap section), then continue the dance from Section 5.**

Ending: On wall 4 dance up to count 7& in section 5, add 8& Turn ½ Left Step L Forward. Turn ¼ Left Step R to Right Side, ending facing front.

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Please do not alter this step sheet in anyway.
