

Ain't Nothin' Better

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Ilona Tessmer-Willis (USA) - August 2016
音樂: Ain't Nothin' Better - The Stickers : (Google Play - iTunes)



Intro: 32 counts

S1: R FORWARD STEP TOGETHER STEP HOLD, 2 L KICK TOUCH

1-2 R Step Forward, L Step next to R
3-4 R Step Forward, Hold
5-6 L Kick Forward, L Touch next to R
7-8 L Kick Forward, L Touch next to R

S2: L FORWARD STEP TOGETHER STEP HOLD, 1/2 L TURN: R PIVOT, R & L FORWARD STEP

1-2 L Step Forward, R Step next to L
3-4 L Step Forward, Hold
5-6 R Step Forward, Pivot L 1/2 (with balls of feet)
7-8 Step Forward R & L

S3: R ROCK FORWARD HOLD, L ROCK BACK HOLD

1-2 R Rock Forward, Recover L
3-4 R Step next to L, Hold
5-6 L Rock Back, Recover R
7-8 L Step next to R, Hold

S4: 1/4 R TURN: 4 HEEL BOUNCES, HIP BUMP OR SWAYS (OPTION BELOW)

&1&2&3&4 R 1/16 turn with weight on Balls of Feet lift (&) and drop heels (1) 4x
5-8 R L R L Hip Bump or Sway (weight on left to start S1 again)

*OPTION To Heel Bounce: S4 count 1-4

*1/4 R Turn: 1-2 Step R Forward, 3-4 L next to R

Have fun with this great new song by The Stickers, which is currently at #57 & climbing.

Contact: hel.38@att.net