

# Till Ya Legs Hurt

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Phrased Low Intermediate  
編舞者: Rhoda Lai (CAN) - August 2016  
音樂: Till Ya Legs Hurt - 99 Percent : (iTunes)



Intro: 16 counts - Sequence: AB AAB AAB AB

## A -32 counts

AS1: □L Dorothy, R Lock Diagonal, L Forward Rock, ¼ L Chasse L

12&      Step L to L diagonal, lock R behind L, step forward L  
3&4      Step R to R diagonal, lock L behind R, step forward R  
56      Rock forward L, recover onto R  
7&8      ¼ L stepping L to L side, step R beside L, step L to L side (9:00)

AS2: □R Forward Rock, R Together-out-out-in, Chugs for ½ L

12      Rock forward R, recover onto L  
&3&4      Step R beside L, step L out to L side, step R out to R side, step L in to the center  
5678      Chug on R with 1/8 L 4 times (ending weight on R)□ (3:00)

AS3: □L Forward Rock, L Together, R Forward-twist-twist, Back R, L, R Back Rock, R Kick Step□

12&      Rock forward L, recover onto R, step L beside R  
3&4      Step forward R, twist both heels to the R, twist both heels to the L back to the center  
56      Step back R, step back L  
7&8&      Rock back R, recover onto L, kick R forward, step R beside L

AS4: □Press L, Recover R - kick L, L Back - R Hitch-&-hitch, Sailor ¼ R, L Forward Rock, Recover R-hitch L

12      Press L forward, recover onto R while kicking L forward (Easy Option: Rock forward L, recover onto R)  
3&4      Step L behind R hitching R, step R in place, hitch R while stepping L in place (Easy Option: L shuffle back)  
5&6      ¼ R stepping R behind L, step L to L side, step R to R side□ (6:00)  
78      Rock forward L, recover onto R while hitching L

B -32 counts The 1st 3 Bs start facing 6:00. The 4th B starts facing 12:00.

Assume you start the 1st B at 6:00 and follow the clock reference below:

BS1: □L Diagonal Step-lock-step-lock-step, R Diagonal Step-lock-step-lock-step

12      Step L to L diagonal, lock R behind L (6:00)  
3&4      Step L to L diagonal, lock R behind L, step forward L  
56      Step R to R diagonal, lock L behind R  
7&8      Step R to R diagonal, lock L behind R, step forward R

BS2: □Sway LRLR (Nae Nae), L Forward Pivot ½ R, L Forward Rock

1234      With bent knees, step L to L side and sway to L, R, L, R (The dance move is called "Nae Nae")

(Optional styling: place L hand up in the air and R hand down on the side)

5678      Step forward L, pivot ½ R, rock forward L, recover onto R□ (12:00)

BS3: □L Side together, Twist to the L, R Side together, Twist to the R

12      Step L to L side, step R beside L  
3&4      Twist to the L: heel, toe, heel (ending weight on L)  
56      Step R to R side, step L beside R  
7&8      Twist to the R: heel, toe, heel (ending weight on R)

**BS4: □¼ R Sway L R(Nae Nae), ¼ R Sway L R(Nae Nae), L Forward Rock, Run back LRLR**

- 12           ¼ R stepping L to L side with bent knees and swaying to the L, sway R (Same styling as in S2)□(3:00)
- 34           ¼ R stepping L to L side with bent knees and swaying to the L, sway R (Same styling as in S2)□(6:00)
- 56           Rock forward L, recover onto R
- 7&8&       Run back L, R, L, R

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