

Ain't Your Mama

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Novice
編舞者: Rémi Lemaire (FR) - September 2016
音樂: Ain't Your Mama - Jennifer Lopez



Note : ☐ Restart after the 16th count on 2nd and 6th wall

STEP R SIDE – CROSS BEHIND – STEP R SIDE – CROSS OVER – SCUFF ¼ TURN – STEP FWD TWICE – SWIVEL – STEP BACK

1-2 Step R to R side, Cross L behind R
&3-4 Step R to R side (&), Cross L over R (3), Scuff R in ¼ turn to R (4)
5-6 Step forward on R and L
&7-8 Revolve heels towards the outside (&), Revolve heels towards the inside (7), Step back on L

TOGETHER – STEP FWD – LOCK STEP – STEP FWD – CROSS TRIPLE STEP IN ¼ SPIRAL – STEP TO L – CROSS BEHIND – ¼ TURN – STEP PIVOT ½ TURN

&1-2 Step R next to L (&), Step forward on L (1), Cross R behind L (2)
&3&4 Step forward on L (&), Cross Triple step R in ¼ turn to R by making a spiral (3&4)
&5-6 Step L to L side (&), Cross R behind L (5), Step L on L side in ¼ turn to L
7-8 Step forward on R, Pivot ½ turn to L

ROCK FWD – TRIPLE ON PLACE & FLICK – STEP PIVOT ½ TURN – STEP PIVOT ¼ TURN

1-2 Rock Step R forward, Recover
3&4 Triple step D on place with a L flick
5-6 Step forward on L, Pivot ½ turn
7&8 Step forward on L (7), Pivot ¼ turn to R (&), Step L next to R (8)

TOUCH AND TOUCH - HEEL AND HEEL – PIVOT ½ TURN – TOGETHER – BODY BUMP

1&2 Touch R to R side (1), Step R next to L (&), Touch L to L side (2)
&3&4 Step L next to R (&), Heel R forward (3), Step R next to L (&), Heel L forward (4)
&5-6 Step L next to R (&), Step forward on R, Pivot ½ turn to L
7-8 Step R next to L, Rolled the body of bottom upward to end it with a blow of breast forwards

Have fun

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