

Ain't No Housewife

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Phrased Low Intermediate
編舞者: Trine Haukø Lund (NOR) - February 2017
音樂: Ain't No Housewife by Stephanie Quayle



Approx 3 seconds intro

Sequence of dance: A28-A18-A32-A32-A18-A32-B16-B16-A16-B16-A32-A(last 8)-A(last 8)

Part A: 32 counts

Section A1: Heel grind 1/4 turn R X 2, weave R, side, rock behind, cross

1&2& Step RH forward, turn 1/4 R(3.00), recover on LF, rock RF backwards, recover on LF
3&4& Step RH forward, turn 1/4 R(6.00), recover on LF, rock RF backwards, recover on LF
5&6& Step RF to R, cross LF behind RF, step RF to R, cross LF over RF
7-8& Step RF to R, cross rock LF behind RF, cross RF over LF

Section A2: Rhumba box L, toe, heel backwards L-R, coaster step

1&2 Step LF to L, step RF next to LF, step LF forward
3&4 Step RF to R, step LF next to RF, step RF backwards
5&6& Touch LT backwards, step down on LH (snap fingers), touch RT backwards, step down on RH (snap □fingers)
7&8 Step LF backwards, step RF next to LF, step LF forward

Restart here in wall 9

Section A3: Walk R-L fwd, scissor step 1/4 turn L, weave L, side, rock behind, cross

1&2& Walk RH forward, step down on RF (snap fingers), walk LH forward, step down on LF (snap fingers)

Restart here in wall 2 and 5

3&4 Step RF forward, turn 1/4 L(3.00), step LF next to RF, cross RF over LF
5&6& Step LF to L, cross RF behind LF, step LF to L, cross RF over LF
7-8& Step LF to L, cross rock RF behind LF, cross LF over RF

Section A4: Touch, flick R X 2, coaster step R, walk L fwd, 1/4 turn R, walk R fwd, turn 1/4 R, run L-R-L fwd

1&2& Touch RT to R, flick RF behind LF, touch RT to R, flick RF behind LF
3&4 Step RF backwards, step LF next to RF, step RF forward

Restart here in wall 1

5-6 Walk LF forward, turn 1/4 R(6.00), walk RF forward
7&8 Turn 1/4 R(9.00), run L-R-L

Part B: 16 counts. First time part B you are facing 6 o' clock

Section B1: Basic NC R, 1/2 turn R, step R, cross L, basic NC R, step L, rock R, recover

1-2& Step RF to R, close LF behind RF, cross RF over LF
3-4& Turn 1/4 R(9.00), step LF backwards, turn 1/4 R(12.00), step RF to R, cross LF over RF
5-6& Step RF to R, close LF behind RF, cross RF over LF
7-8& Step LF to L, rock RF behind LF, recover on LF

Section B2: Walk R-L fwd, step R fwd, 3/4 turn L, step R, behind, side, cross, rock R, recover L, touch R

1-2 Walk RF forward, walk LF forward
3&4 Step RF forward, turn 1/2 L(6.00), recover on LF, turn 1/4 L(3.00), step RF to R
5&6 Cross LF behind RF, step RF to R, cross LF over RF
7&8 Rock RF diagonal forward, recover on LF, touch RF next to LF

Restarts:-

Wall 1: After 28 counts facing 3 o'clock. NOTE to Restart 1: Coaster step: Touch RF next to LF

Wall 2: After 18 counts facing 9 o'clock

Wall 5: After 18 counts facing 9 o'clock

Wall 9: After 16 counts facing 6 o'clock

Ending: Do the last 8 counts of the dance twice.

First time is facing 12 o'clock and you will finish the dance facing 12.
