

Ain't No Fool

拍數: 64 牆數: 4 級數: Improver
編舞者: PJ (UK) - July 2017
音樂: Ain't Gonna Be Your Fool No More - Jonny and Lynnette : (Album: On The Road Again Vol 5)



#32 count intro – No Tags Or Restarts!

Free music and backing track download available at www.thelinedancer.com

Section 1: □ Right point, cross, left point, cross, right point, jazz box ¼ turn right

- 1 - 2 Point right toe to right side, cross right over left
- 3 - 4 Point left toe to left side, cross left over right
- 5 - 6 Point right toe to right side, cross step right over left
- 7 - 8 Step back on left foot, make ¼ turn right stepping right foot to right side (3:00)

Section 2: □ Left point, cross, right point, cross, left point, weave right

- 1 - 2 Point left toe to left side, cross left over right
- 3 - 4 Point right toe to right side, cross right over left
- 5 - 6 Point left toe to left side, cross step left over right
- 7 - 8 Step right foot to right side, cross step left behind right

Section 3: □ Side strut right, back rock, vine left with cross

- 1 - 2 Step right toe to right side, drop right heel to floor (taking weight)
- 3 - 4 Rock back on left foot, recover weight forward onto right foot
- 5 - 8 Step left foot to left side, cross right behind left, step left foot to left side, cross step right over left

Section 4: □ Side strut left, back rock with ¼ turn right, right lock step forward with scuff

- 1 - 2 Step left toe to left side, drop left heel to floor (taking weight)
- 3 - 4 Make ¼ turn right rocking back on right foot, recover weight forward onto left foot (6:00)
- 5 - 8 Step forward on right foot, lock left behind right, step forward on right foot, scuff left foot forward

Section 5: □ Left side, hold, cross, hold, back, hold, right side, hold

- 1 - 4 Step left foot to left side, hold, cross step right over left, hold
- 5 - 8 Step back on left foot, hold, step right foot to right side, hold

Section 6: □ Left cross, hold, right back, hold, left side, together, ¼ turn left, hold

- 1 - 4 Cross step left over right, hold, step back on right foot, hold
- 5 - 6 Step left foot to left side, close right beside left
- 7 - 8 Make ¼ turn left stepping forward onto left foot, hold (3:00)

Section 7: □ 2 x ½ pivot turns left with holds

- 1 - 4 Step forward on right foot, hold, pivot ½ turn left, hold (9:00)
- 5 - 8 Step forward on right foot, hold, pivot ½ turn left, hold (3:00)

Section 8: □ Right kick, cross, back together, left kick, cross, back, together

- 1 - 2 Kick right foot forward, cross step right over left
- 3 - 4 Step back on left foot, close right beside left
- 5 - 6 Kick left foot forward, cross step left over right
- 7 - 8 Step back on right foot, close left beside right

End of dance!

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