

Ain't No Fun

拍數: 64 牆數: 4 級數: High Beginner
編舞者: Laura Sway (UK) - September 2018
音樂: Kid - Peter Andre



Notes: No Tags Or Restarts

Count in: 32counts (start on vocals)

[1-8] Right side strut, Cross strut, Rock side, recover, cross, hold.

1234- make a right toe strut to right side, toe strut with left across the right
5678- Rock right to right side, recover on left, cross right over left, hold.

[9-16] Left side strut, Cross strut, Rock side, recover, cross, hold.

1234- make a left toe strut to left side, toe strut with right across the left.
5678- Rock left to left side, recover on right, cross left over right, hold.

[17-24] Reverse Rumba Box.

1234- Step right to right side, step left to right, step back on the right, touch left with clap.
5678- Step left to left side, step right beside left, step forward on the left, touch right with clap.

[25-32] Shuffle forward right hold, Step pivot ¼ turn, cross, clap.

1234- Step forward on the right, step left to right, step forward on the right, hold
5678- Step forward on left, pivot ¼ turn right (3.00) cross left across right, clap.

[33-40] Grapevine right touch, step side touch, step side touch.

1234- Step right to right side, step left behind right, step right to right side, touch left beside right.
5678- step left to left side, touch right beside left with clap. Step right to right side, touch left beside right with clap.

[41-48] Grapevine left touch, point out in, Right hip up down.

1234- Step left to left side, step right behind left, step left to left side, touch right beside left.
5678- point right to right side, touch right toe beside left, bump right hip up and back down to centre.

[49-56] Half rumba box forward, brush, left lock step, brush.

1234- Step right to right side, step left beside right, step forward on the right, brush left forward.
5678- step forward in left, lock right foot behind left, step forward on the left, brush right forward.

[57-64] Right mambo forward, hold, left coaster cross, hold.

1234- Rock forward on the right, recover on left, step right beside left, hold.
5678- step back on left, step right beside left, step left over right, hold.

Thank you Jo Conroy for music recommendation

Laura's Contact- laurasway@yahoo.com or visit swayinline.com