

I Ain't Your Mama!

拍數: 32 牆數: 4 級數: Beginner
編舞者: Patrice Serianni (FR) - 2018
音樂: Ain't Your Mama - Jennifer Lopez : (Album: Ain't Your Mama- single - iTunes and Amazon)



Dance starts after 40 counts - No Tags or Restarts

(1-8) SHUFFLE BACK, ROCK, RECOVER, KICK BALL CHANGE, DIAGONAL STEP, TOUCH

1&2 Step back on right on the diagonal (1), Step left next to right (&), Step right back (2)
3, 4 Rock back on left (3), Recover on right (4)
5&6 Kick left (5), Recover left (&) Step right (6)
7, 8 Step left forward on diagonal (7), Touch right beside left (8)

(9-16) 1/8 PIVOT TURN WITH HIPS, 1/8 PIVOT TURN WITH HIPS, V-STEP

1, 2 Step right forward (1), Pivot 1/8 to the left while rolling hips (about 11:00) (2)
3, 4 Step right forward (3), Pivot 1/8 to the left while rolling hips (ending at 9:00) (4)
5, 6 Step right forward on the diagonal (5), Step left forward on the diagonal (6)
7, 8 Step right back (7), Step left back finishing the V-pattern beside the right (8)

(17-24) SIDE ROCK, RECOVER, BEHIND SIDE CROSS, SIDE ROCK, RECOVER, BEHIND SIDE CROSS,

1, 2 Rock right out to side (1), Recover left (2),
3&4 Step right behind left, (3), Step left to side (&), Cross right over left (4)
5, 6 Rock left out to side (5), Recover right (6)
7&8 Step left behind right (7), Step right to side (&), Cross left over right (8)

(25-32) 1/2 TURN. 1/2 TURN, ROCKING CHAIR

1, 2 Step forward on right (1), Turn 1/2 to the left (3:00) (2)
3, 4 Step forward on right (3), Turn 1/2 to the left (back to 9:00 where we just were) (4)
5, 6 Rock forward on right (5), Recover left (6)
7, 8 Rock back on right (7), Recover left (8)

Restart and enjoy!

Contact- Patrice Serianni patriceserianni@gmail.com