

Ain't Your Mama

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Amy Christian (USA) - July 2021
音樂: Ain't Your Mama - Jennifer Lopez



Intro: 8 counts.

Please note that dancing to the actual Samba Rhythm with the Samba steps and Samba Whisks steps with counts 1a2 and 3a4, instead of 1&2 and 3&4, will fit the dance better.

R SAMBA, L SAMBA, ¼ JAZZ BOX,

1&2 (1a2) Cross R over L, Step on ball of L to left side, Recover out on R,
3&4 (3a4) Cross L over R, Step on ball of R to right side, Recover out on L,
5-8 Cross over L, Step back on L making a ¼ turn right, Step R to right side, Step L next to R,
 [3:00]

SAMBA WHISK X 2, FORWARD, TOGETHER, BACK, TOGETHER,

1&2 (1a2) Step R to right side, Rock behind R on L, Recover on R,
3&4 (3a4) Step L to left side, Rock behind R on L, Recover on R,
5-8 Step forward on R, Step L next to R, Step back on R, Step L next to R,

*(Restarts happen here on wall 2 and wall 6.)

CROSS & CROSS & CROSS & CROSS, BIG STEP TO THE SIDE, DRAG/TOUCH, TOGETHER, TOGETHER,

1&2& Step R across L, Step to left side on ball of L, Step R across L, Step to left side on ball of L,
3&4 Step R across L, Step to left side on ball of L, Step R across L,
5-6 Take a big step to left side on L, Drag and touch R next to L,
7-8 Step R next to L, Step L in place next to R, (Add Sways),

FWD MAMBO, BACK MAMBO, SWEEP ½, TOGETHER, STEP L IN PLACE AS YOU FLICK R,

1&2 Rock forward on R, Recover back on L, Step R next to L (or Step slightly back),
3&4 Rock back on L, Recover forward on R, Step L next to R (or Step slightly fwd),
5-6 Bend L knee as you Sweep ½ turn left on R, Touch R next to L, [9:00]
7-8 Step R next to L, Step L next to R as you Flick R out to right side,

Start over!

*RESTARTS happen on Walls 2 and 6. Dance 16 counts and start over.

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