

Ain't she SWEET !?

COPPERKNOB
STEPSHEETS

拍數: 96
編舞者: Val Saari (CAN) - February 2022
音樂: Ain't She Sweet - The Jive Aces

牆數: 4

級數: Phrased High Improver



INTRO: 96 counts - Begin on the word "Ain't"
PHRASED SEQUENCE: AA B AA B CC B AA
(For Beginner dance repeat "section A" throughout)

PART A: 32 Counts

S:1 PRISSY WALK FWD RLR, SLIDE POINT L

- 1-2 Cross RF over left, pointing R toes left, hold
- 3-4 Cross LF over right, pointing LF toes right, hold
- 5-6 Cross RF over left, pointing R toes left, hold
- 7-8 Slide LF toes quickly to the left left (turn body slightly right pushing left hip forward), hold

S:2 TOE-STRUTS BACK LRL, SLIDE POINT R

- 1-2 Touch LF toes diagonally back, Step heel down
- 3-4 Touch RF toes back, Step heel down
- 5-6 Touch LF toes diagonally back, Step heel down
- 7-8 Slide RF toes quickly to the right (turn body slightly left pushing right hip forward), hold

S:3 CROSS AND CROSS WITH FLICKS R, L 1/4 TURN LEFT

- 1-4 RF Cross over L, LF Recover weight, RF Cross over L, Flick LF up turning diagonally right
- 5-8 LF Cross over R, RF Recover weight, LF Cross over R, Flick RF up and turn 1/4 L to 9:00

S:4 CHARLESTON SWEEP

- 1-4 Touch ball of RF forward, Sweep/step RF back
- 5-8 Touch LF toes back, Sweep/step LF forward

PART B: 32 Counts

S:1 STEP-LOCK-STEP DIAGONALLY, SCUFF X 2 (RL)

- 1-2 Step RF Forward diagonally right (1:30), Lock LF behind R
- 3-4 Step RF forward, Scuff LF forward
- 5-6 Step LF forward diagonally left (10:30), Lock RF behind L
- 7-8 Step LF forward, Scuff RF forward

S:2 TOE-STRUT JAZZ BOX CROSS 1/4 R

- 1-2 Cross right toe in front of left, drop right heel down
- 3-4 Step back on left toe 1/4 turn R, drop left heel down
- 5-6 Step RF to the right on right toe, drop right heel down
- 7-8 Step left toe over RF, drop left heel down

S:3 WEAVE R, RF SCISSORS 1/4 L

- 1-4 Step RF to right side, Cross LF behind R, Step RF to right side, Cross LF over R
- 5-8 RF Step R, Step LF together, RF crosses LF 1/4 turn L, Hold (push and cross)

S:4 HIP BUMPS LRL, HEEL TWISTS

- 1-4 Step LF forward bump hips LRL (weight on LF)
- 5-8 Twist both heels to the RLRL

PART C: 32 Counts (facing 12:00, Instrumental Section)

S:1 TOE-STRUT V-STEP

1-4 Touch RF toe diagonally forward (1:00), Step heel down (2), Touch LF toe diagonally forward (11:00), Step heel down

5-8 Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down

S:2 STEP/Drag ROCK/RECOVER RL

1-4 Big step side on RF, Drag L toes together, LF rock back, RF recover

5-8 Big step side on LF, Drag R toes together, RF rock back, LF recover

S:3 CHARLESTON STEP/KICKS X 2

1-4 Step RF forward, Kick LF forward, Step LF back, Tap RF back

5-8 Step RF forward, Kick LF forward, Step LF back, Tap RF back

S:4 STEP-TURN LEFT 1/2, 1/2 (optional hand shimmies)

1-4 Step RF forward, Turn 1/2 left (weight on left)

5-8 Step RF forward, Turn 1/2 left (weight on left)

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