

Ain't No Count

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Kelsey Robertson (USA), Gina Davis (USA) & Cheryl Bingham (USA) - October 2022
音樂: Ain't No Count - Aaron Walker Band



Start after 16 counts
Restart after 16 counts on wall 3
Tag at the end of wall 4, 2 count stomp, stomp

[1-8] RIGHT SUGAR FOOT, LEFT SUGAR FOOT, RIGHT LOCK STEP, LEFT LOCK STEP

1&2 Touch R toe next to L, turn R toe out & touch R heel next to L, step R forward,
3&4 Touch L toe next to R, turn L toe out & touch L heel next to R, step L forward,
5&6 Step R Fwd, Lock L Behind R, Step R Fwd,
7&8 Step L Fwd, Lock R Behind L, Step L Fwd, (12:00)

[9-16] RIGHT SCISSOR, LEFT SCISSOR W/ 1/4 TURN RIGHT, 1/2 LEFT TURN 2X, ROCK RECOVER, DRAG

1&2 Step right to side, step left together, cross right over left
3&4 Step left to side, step right together, cross left over right (Turn 1/4 right)
5,6 Turn ½ Left stepping back on R, (9:00) Turn ½ Left stepping forward back on L (3:00)

*non turning option 5,6 Walk R, Walk L

7&8 Rock forward R, Recover on L, Step back on R drag left heel (3:00)

*(RESTART HERE ON WALL 3, CHANGE COUNT 8 TO A TOUCH)

*7&8 Rock forward R, recover L, Touch R next to left (9:00)

[17-24] WALK BACK L, R, LEFT COASTER, DIAGONAL STEP R, TOUCH L, HIP BUMPS,

1,2 Step back L, Step back R,
3&4 Step L back, step R back next to L, step L forward
5,6 Step diagonal forward R, touch L next to R
&7&8 Bump L hip L, bump R hip R, bump L hip L, bump R hip R (Take weight on R) (3:00)

[25-32] DIAGONAL STEP L, TOUCH R, HIP BUMPS, 1/2 LEFT TURNS 2X,

1,2 Step diagonal forward, touch R next to L
&3&4 Bump R hip R, bump L hip L, bump R hip R, bump L hip L (Take weight on L)
5,6 Step R Forward, turn 1/2 left, taking weight on L (9:00)
7,8 Step R Forward, turn 1/2 left, taking weight on L (3:00)

*non turning option right rocking chair

*5,6 Rock forward on R, Recover on L

*7,8 Rock back on R, Forward on L (3:00)

Start Again

TAG AT THE END OF WALL 4 (FACING 12:00)

1,2 Stomp R, Stomp L (Take weight on L)

Enjoy....Let's Dance!

Last Update: 26 Oct 2022