

Ain't Nothin' But A Heartache

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Jake Downing (USA) - April 2023
音樂: That Way (feat. Chris Crone) - Vinai & VAMERO



Dance begins 32 counts (18 seconds) in: (on lyrics: "Tell me why...")

[1-8] Walk Forward R-L, Shuffle Forward (RLR), Rocking Chair LF

1,2 Step RF forward (1), Step LF forward (2)
3&4 Step RF forward (3), Step LF next to RF (&) Step RF forward (4)
5,6 Rock LF forward (5), Recover weight back onto RF (6)
7,8 Rock LF back (7), Recover weight forward onto RF (8)

[9-16] Pivot ½ Turn to Right, Shuffle Forward (LRL), Rocking Chair RF

1,2 Step LF forward (1), Pivot ½ Turn over Right Shoulder (2)
3&4 Step LF forward (3), Step RF next to LF (&), Step LF forward (4)
5,6 Rock RF forward (5), Recover weight back onto LF (6)
7,8 Rock RF back (7), Recover weight forward onto LF (8)

[17-24] Pivot ¼ Turn to Left, Cross Shuffle RF over LF (RLR), Grapevine Left

1,2 Step RF forward (1), Pivot ¼ Turn over Left shoulder (2)
3&4 Cross RF over LF (3), Step LF next to RF (&), Cross RF over LF (4)
5,6 Step LF to L side (5), Step RF behind LF (6)
7,8 Step LF to L side (7), Touch RF next to LF (8)

[25-32] Modified Rhumba Box

1,2 Step RF to R side (1), Step LF next to RF (2)
3&4 Step RF back (3), Step LF next to RF (&), Step RF back (4)
5,6 Step LF to L side (5), Step RF next to LF (6)
7&8 Step LF forward (7), Step RF next to LF (&), Step LF forward (8)

No Tags or Restarts. Enjoy!!

Email: jakedowning4@gmail.com