

Ain't My Day

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Kathy Brown (USA) - March 2024
音樂: Ain't My Day (feat. Kolby Cooper) - Corey Kent



Intro: 16ct on vocals

RIGHT STEP LOCK, RIGHT SHUFFLE FORWARD, LEFT STEP LOCK, LEFT FORWARD SHUFFLE

1-2 Step right forward, lock left behind right
3&4 Step right forward, step left next to right, step right forward
5-6 Step left forward, lock right behind left
7&8 Step left forward, step right next to left, step left forward

RIGHT MAMBO FORWARD, LEFT MAMBO BACK, RIGHT SIDE MAMBO, RECOVER LEFT, RIGHT CROSSING SHUFFLE

1&2 Rock right forward, recover left, step right back
3&4 Rock left back, recover right, step left forward
5&6 Rock right to side, recover left, cross right over left
&7&8 Step left to side, cross right over left, step left to side, cross right over left

LEFT SIDE ROCK, RECOVER RIGHT, 1/4 LEFT SAILOR RIGHT WIZARD, LEFT WIZARD

1-2 Rock left to side, recover right
3&4 Step left behind right, turning 1/4 left step right to side, step left to side
5-6& Step right forward, step left to heel of right, step right forward
7-8& Step left forward, step right to heel of left, step left forward

RIGHT FORWARD ROCK, RECOVER LEFT, SHUFFLE 1/2 RIGHT, SHUFFLE 1/2 RIGHT, RIGHT COASTER, LEFT FORWARD QUICK STEP

1-2 Rock right forward, recover left
3&4 Turning 1/4 right step right to side, step left next to right, turning 1/4 right step right forward
5&6 Turning 1/4 right step left to side, step right next to left, turning 1/4 right step left back
7&8& Step right back, step left next to right, step right forward, step left next to right
