

# I Ain't Crazy

COPPER KNOB  
STEPSHEETS

拍數: 52      牆數: 2      級數: Phrased Intermediate  
編舞者: Danielle Bradley (USA) - April 2024  
音樂: I Ain't Crazy - Erin Kinsey



Phrased contra dance – form two lines starting inwards center (one facing 12:00 and the other facing 6:00)  
Sequence starts on the lyrics – roughly 16 counts into song

Sequence: ABCA / DEDFBC / ABC / DEDFBC / AB / DEDFBC / A

All chorus' are the same and each verse drops one section of dance until the end of the song

**Section A – 16 counts / LF diagonal, RF lock, Heel switches, RF pivot turn, full turn. RF diagonal, LF lock, Heel switches, Monterey Turn, Modified Coaster Step**

- 1,2&3&4&      Step left foot diagonally left (1), Lock RF behind LF (2), Step LF to LS (&), Heel RF forward (3), return RF center (&), Heel LF forward (4), Return LF center (&),
- 5,6,7,8      Step RF forward (5) for ½ pivot turn over LS (6), Complete a full turn by stepping ½ turn with RF back while moving forward facing 12:00 (7), Step LF forward to complete full turn facing 6:00 (8)
- 1,2&3&4&      Step right foot diagonally right (1), Lock LF behind RF (2), Step RF to RS (&), Heel LF forward (3), return LF center (&), Heel RF forward (4), Return RF center (&),
- 5,6,7&8      Step LF to LS (5), ½ Monterey turn with RF swept around to return facing 12:00 (6) RF modified sailor step (step RF back (7); step LF back (&), Step RF forward, however keeping equal weight distribution in right and left foot (8)

**Section B – 8 counts / Walk L,R,L, R; Pony Backs L,R,L,R**

- 1,2      LF forward (1), RF forward (2)
- 3,4      LF forward (3), RF forward while bending into right knee (4)
- 5,6      Alternating pony backs; step LF back while hitching right knee (5), step RF back with left knee hitch (6)
- 7,8      Step LF back with right knee hitch (7), step RF back with left knee hitch, weight ends in RF (8)

**Section C – 8 counts / Side Rock L, Side Rock R, 2 LF Pivot Turns**

- 1&2      Side rock L - Step LF to LS with weight transfer (1), replace weight into RF (&), Cross LF over RF (2)
- 3&4      Side rock R - Step RF to RS with weight transfer (3), replace weight into LF (&), Cross RF over LF (4)
- 5,6,7,8 2      pivot turns LF leading; step LF forward (5) turn ½ around shifting weight into RF (6), step LF forward (7), turn ½ around shifting weight into RF (8)

**Section D – 8 counts / Press Recover Steps, Rock RF forward, Triple RLR**

- &1&2&      Press recover steps - Press weight slightly into LF (&) Press RF forward (1), recover weight into LF (&), press RF back (2), recover weight into LF (&),
- 3&4&      Press RF forward (3), recover weight into LF (&), press RF back (4), recover weight into LF (&),
- 5,6      Step RF forward shifting weight forward into right hip (5), rock hips and weight back into LF (6)
- 7&8      Triple forward RF (7), LF forward (&), RF forward (8)

**Section E – 8 counts / LF forward, Paddle Clockwise ¾, Paddle counterclockwise ½, paddle counterclockwise a ½; clap R, L, R, L**

- 1,2      Press LF forward (1), paddle turn clockwise over RS a ¾ turn; left hip is facing 9:00, upper body facing 12:00 (2)

- 3,4 paddle turn counter-clockwise  $\frac{1}{2}$  turn , left hip facing 3:00, upper body facing 6:00 (3), paddle counter-clockwise  $\frac{1}{2}$  turn left hip facing 9:00, upper body returned to 12:00 (4)
- 5,6 Clap hands together to the R upper quadrant (5), clap hands together to the L upper quadrant (6)
- 7,8 clap hands together to the R lower quadrant (7), clap hands together to the L lower quadrant (8)

**Section F – 4 counts / 1.5 turn over 4 counts**

- 1,2 spin 1.5 times around over RS by stepping LF forward (1), continue moving forward while stepping RF back to turn  $\frac{1}{2}$  (2)
- 3,4 step LF forward (3), turn  $\frac{1}{2}$  by stepping RF back (4) facing 6:00 now in alternate contra line

**Repeat sequence as mentioned above. Each chorus is the exact same. Each verse will remove one section all the way through the dance.**

**Have fun! There are so many ways you can customize this and added flare and sass☐**

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