

I Ain't Crazy

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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