

Ain't Your Mama

COPPER KNOB
BY STEPHEN BATES

拍數: 32 牆數: 4 級數: Beginner
編舞者: Clare MCorrisken (UK) - May 2024
音樂: Ain't Your Mama - Jennifer Lopez



Section 1 - Point, point, flick, step, point, point, flick, step

- 1-4 point RF out to R side, touch RF forward, flick RF out on a slight diagonal angle to right and step RF forward
- 5-8 point LF to L side, point LF forward, Flick LF out on a slight diagonal to L, step LF foot forward

Section 2 - Side rock recover, cross shuffle, side Rock recover, cross shuffle

- 1-4 Rock out to R side on RF, recover weight on LF, cross RF over in front of LF and shuffle step
- 5-8 Rock out to L side on LF, recover weight on RF, cross LF over in front of RF and shuffle step

Section 3 - Vine right, 1/4 vine left

- 1-4 Step RF to R side, Step LF behind RF, Step RF to R side, Touch LF next to RF.
- 5-8 step on LF as you make a quarter turn R (facing 3 o'clock), Step RF behind LF, Step LF to L side, Touch RF beside LF

Section 4 - Step hold, ball step, touch. Step hold ball step, touch.

- 1-4 Step RF to R side and hold, Step LF next RF, Step RF to R side and touch LF next to RF
- 5-8 Step LF to L Side and hold, Step RF next to LF, Step LF to L side and touch RF next to LF

END OF DANCE.

Restarts:

Wall 2 : Dance 16 counts and restart after the cross shuffle facing 3 o'clock

Wall 5: Dance 16 counts and restart after the cross shuffle facing 12 o'clock