

That Ain't The Way I Heard It

拍數: 32 牆數: 4 級數: Improver
編舞者: Jenny Constantine (UK)
音樂: That Ain't the Way I Heard It - Trisha Yearwood



STOMP, HOLD, RIGHT AND LEFT STEPS, REPEAT

1-2 Stomp right forward, hold
&3 Bring left to right instep, quickly step forward on right again
&4 Repeat &3
5-6 Stomp left forward, hold
&7 Bring right to left instep, quickly step forward on right again,
&8 Repeat &7

HEEL SWITCHES BACK, LARGE STEP FORWARD, STOMP RIGHT, LEFT

9&10 Extend right heel, step slightly back on right extending left heel
&11&12 Step slightly back on left, extending right heel, step slightly back on right extending left heel
&13-14 Quickly bring left to right and place weight on it, take large step forward on right dragging left to it with weight.
15-16 Stomp left in place, stomp right in place

TURNING QUARTER LEFT BODY ROLL, RIGHT COASTER STEP, REPEAT BODY ROLL, LEFT COASTER STEP

17-18 Step right foot forward while starting a body roll (push chest out, as you bring chest in push hips out, bending knees and finish standing upright) turn quarter left as you push hips out. End with weight on left.
19&20 Step right foot back, bring left to it with weight, step right foot forward.
21-22 Repeat 17,18 only start bodyroll stepping on left foot
23&24 Step left foot back, bring right to it with weight, step forward on left.
If 17-24 is too hard, replace with rock right turn quarter left, right coaster step, rock left turn quarter left, left coaster step.

SCUFF, HITCH STEPS RIGHT AND LEFT, HEEL SWITCHES, TURN QUARTER ON TOE HEEL

25&26 Scuff right across left slightly on left diagonal, hitch right tapping left heel up and down, step right to right diagonal.
27&28 Scuff left across right slightly on right diagonal, hitch left tapping right heel up and down, step left to left diagonal
29&30 Extend right heel, bring right to left, extending left heel
&31-32 Bring left to right, touching right toe quarter right, while body is still facing original wall, on the last beat turn head and body quarter right while pushing right heel down.

Don't put weight on right, because next step is right stomp

REPEAT

On wall 3 steps 25-32 must be omitted in order to fit with music, but on every other wall just run dance the whole way through.