

I Ain't No Quitter

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Franck S. (CAN)
音樂: I Ain't No Quitter - Shania Twain



ROCK STEP, TRIPLE STEP, ROCK STEP, TRIPLE STEP

1-2-3&4 Rock forward on right, recover back on left, triple step in place with right, left, right
5-6-7&8 Rock forward on left, recover back on right, triple step in place with left, right, left

½ TURN, SHUFFLE, ½ TURN, SHUFFLE

1-2-3&4 Step right forward, make ½ turn left, shuffle with left forward, right next to left and left forward
5-6-7&8 Step left forward, make ½ turn right, shuffle with right forward, left next to right and right forward

STEP, SLIDE, STEP, TOUCH, STEP, SLIDE, STEP, TOUCH

1-4 Step right to right side, slide left toward right, step right to right side, touch left together
5-8 Step left to left side, slide right toward left, step left to left side, touch right together

CROSS ROCK, TRIPLE STEP, ¼ TURN, CROSS ROCK, TRIPLE STEP, ½ TURN

1-2-3&4 Cross right in front of left, recover on left, triple step with ¼ turn right with right, left, right
5-6-7&8 Cross left in front of right, recover on right, triple step with ½ turn left with left, right, left

STEP, LOCK STEP, SCUFF, STEP, LOCK STEP, SCUFF

1-4 Step right forward, lock left behind right, step right forward, scuff left forward
5-8 Step left forward, lock right behind left, step left forward, scuff right forward

VINE, CLAP HANDS, VINE WITH ¼ TURN, CLAP HANDS

1-4 Step right to right side, cross left behind right, step right to right side, touch left together and clap hands
5-8 Step left to left side, cross right behind left, step left to left side, touch right together and clap hands

Variations: first vine do a full turn to the right and second vine do 1 ¼ turn to the left

REPEAT

TAG

At the beginning of the dance, and after the 4th and 7th wall

HEAD MOVEMENT, HOLD

1-4 Lower the head and make a movement to the right, return center, hold, hold
5-8 Movement of the head to the right, return center, hold, hold

SNAP FINGERS, HOLD

1-4 Lower head and hold, snap fingers, hold, snap fingers
5-8 Lower head and hold, snap fingers, hold, snap fingers