

Ain't No Mystery - Man!!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Alan Birchall (UK)
音樂: Ain't No Mystery - Smash Mouth



HITCH ¼ TURN, TOUCH, HINGE TURNS, STEP, TOUCH, HIP BUMPS

- 1-2 Making ¼ turn left while hitching right knee across left leg, touch right to right (facing 9:00)
- 3 Transferring weight to right, pivot 3/8th on ball of right turning left (backwards) touch left toe back (body will be angled to 5:30 and you will have turned almost ½ turn backwards)
- 4 Pivoting 3/8th on ball of right turning right (forward) touch left toe forward (facing 9:00)
- 5 Transferring weight to left pivot on ball of left make ½ turn right - backwards (facing 3:00)
- 6 Pivoting on ball of right make ¼ turn right (facing 6 '0' clock), stepping forward on left
- 7&8 Touch right toe forward to right diagonal, bump hips right, left, right (weight ends to right)

STEP, TOUCH'S X 3, FLICK TURN, STEP, 'TWIST' TURN, PRESS, HOLD, RECOVER

On steps &1-&3 you will be traveling backwards slightly

- &1 Step back on right, touch left toe forward, clicking fingers (body will be angled to 7:30 weight on right)
- &2 Step back on left, touch right toe forward, clicking fingers (body will be angled to 5:30 weight on left)
- &3 Step back on right, touch left toe forward, clicking fingers (body will be angled to 7:30 weight on right)
- &4 Flicking left heel back make ½ turn right (facing 12:00), step forward on left
- 5&6 Twisting both heels left, right, left make ¼ turn right (weight ends on left, facing 3:00)
- &7-8 Step/press right to right, hold, recover on left (weight on left) options: body roll or sway

SIDE, BEHIND, SIDE, CROSS, KICK, CROSS, BACK, STEP FORWARD, ½ PIVOT

- 1-2 Step right to right, cross left behind
- &3-4 Step right to right, cross left over right, kick right leg to right diagonal
- 5-6 Cross right over left, step back on left
- &7-8 Step right to right, step forward on left, ½ pivot right (facing 9:00)

STEP, STEP, TOE, HEEL, TOUCH, TOUCH, TOUCH, KNEE TWISTS

- 1-2 Step right to right, step left to left
- 3&4 Tap right toe by left instep, tap right heel by right instep, touch right to right

Option: tap right toe by left twice

- 5-6 Touch right toe over left, touch right toe to right
- 7-8 Turn right knee in to left leg, turn right knee out to right

REPEAT