

Ain't No Other

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Louise Stephens (UK)
音樂: Ain't No Other Man - Christina Aguilera



- 1-2 Walk forward right and left
3&4 Lock right foot behind left leg stepping weight on to the right foot, then weight back on to left foot, step right to right side (like a tight rock behind and step)
5-6-7 Hip roll to the left
8 ¼ turn left
- 1&2 Kick right foot forward, step right foot next to left, point left foot to left side
3&4 Kick left foot forward, step left foot next to right, point right foot to right side
5-6&7 Step right foot forward, lock left behind right, step out right then left
8 ¼ turn left
- 1-2 Kick right foot forward step back on right foot
3-4 Kick left foot forward step back on left foot
5-6-7&8 Hip bump forward, hip bump back, forward, back, forward
- 1&2 Step right across left, step left to left side, step right to right side
3&4 Step left across right, step right to right side, step left to left side
5-6 Cross right over left, un-turn anti - to the right 3 ¼s
7&8 Shimmy on the spot
- 1&2 Right kick ball change (kick right, step right next to left, step forward)
3&4 Kick right forward, step back on right foot making a ¼ turn right, point left to left side
5&6 Whole turn anti- to the right, moving to the left
7&8 Cross shuffle, right, left, right
- 1-2 Step left to left side, cross right behind left
3&4&5-6 Toe switches to right, left, right, ¼ turn right
7&8 Shimmy on the spot (or doing your own thing)

REPEAT
