

Ain't Too Proud

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Larry Bass (USA)
音樂: Ain't Too Proud to Beg - The Temptations



WALK, WALK, TOE & HEEL & STEP FORWARD, HEEL TAPS TURNING ¼ TURN

1-2 Step right forward; step left forward
3&4 Touch right toe behind left heel, step slightly back on right, touch left heel forward
&5 Step left beside right, step right forward
6-8 Lift left heel & tap down 3 times while turning ¼ turn left on right

& CROSS, TOUCH, BUMP & BUMP TURNING ¼ TURN, COASTER STEP, STEP ¼ TURN

&9-10 Step left beside right, step right across left; touch left toe beside right
11&12 Bump hips to left, bring hips to center, bump hips to left while turning ¼ turn right onto left
13&14 Step right back, step left beside right, step right forward
15-16 Step left forward; turn ¼ turn right onto right

CROSSOVER SHUFFLE, BUMP & BUMP; SAILOR SHUFFLES

17&18 Step left across right, step right slightly to right, step left across right
19&20 Bump hips right, bring hips to center, bump hips to right with weight onto right
21&22 Step left behind right, step right to right side, step left diagonally forward to left side
23&24 Step right behind left, step left to left side, step right diagonally forward to right side

ROCK STEP, BACKWARD ROLL; COASTER STEP, KICK-BALL-CHANGE

25-26 Step left forward; rock back onto right
27 Turn backward ½ turn left while stepping left forward
28 Turn backward ½ turn left while stepping right back
29&30 Step left back, step right beside left, step left forward
31&32 Kick right forward, step ball of right beside left, step left beside right

REPEAT
