

Ain't That A Shame

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Beginner
編舞者: Adrian Helliker (FR) - 2010
音樂: Ain't That a Shame? - Fats Domino



Intro: Start on the word 'shame'

SECTION 1: STEP, LOCK, STEP, SCUFF, STEP, LOCK, STEP, SCUFF

- 1-2 Step right forward, left lock behind right
- 3-4 Step right forward, scuff left forward
- 5-6 Step left forward, right lock behind left
- 7-8 Step left forward, scuff right forward

SECTION 2: ROCK FORWARD RECOVER , BACK TOE STRUTS x 3

- 1-2 Rock right forward recover onto left
- 3-4 Step back on right toe, drop heel taking weight
- 5-6 Step back on left toe, drop heel taking weight
- 7-8 Step back on right toe, drop heel taking weight

Options: section 2 steps 4-6-8 - click your fingers

SECTION 3: SLOW COASTER, HOLD, KICK BALL CHANGE x 2

- 1-2 Left back, right beside left
- 3-4 Left forward, hold
- 5&6 Kick right forward, right foot beside left, left foot forward
- 7&8 Kick right forward, right foot beside left, left foot forward

SECTION 4: JAZZBOX WITH TURN, JAZZBOX IN PLACE ¼

- 1-2 Right cross in front of left, left back
- 3-4 Right to right side with turn right, left beside right ¼
- 5-6 Right cross in front of left, left back
- 7-8 Right to right side, left beside right

SECTION 5: MONTEREY HOLDS

- 1-2 Right toe to right side with hold
- 3-4 Pivot on left foot and make turn to right , right foot beside left ½
- 5-6 Left toe to left side with hold
- 7-8 Left foot beside right with hold

SECTION 6: MONTEREY HOLDS

- 1-2 Right toe to right side with hold
- 3-4 Pivot on left foot and make turn to right, right foot beside left ½
- 5-6 Left toe to left side with hold
- 7-8 Left foot beside right with hold

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