

Aint Too Proud

COPPER KNOB
BY STEPHEN BATES

拍數: 32 牆數: 4 級數: Improver / Easy Intermediate
編舞者: Adrian Churm (UK) - July 2012
音樂: Ain't Too Proud to Beg - The Temptations : (Album: Get Ready - Get Ready)



32 count intro

Alternative: Write My Number On Your Hand by Scotty McCreery (requires Tag & Restart) 48 count intro

Section 1: Weave left, cross rock, chasse to the right.

1 – 2 Step right foot across left, step left foot to the side.
3 – 4 Step right foot behind left, step left foot to the side
5 – 6 Rock right across left, recover back onto left foot.
7 & 8 Chasse to right side R,L,R

Section 2: Weave to left, ball cross, side rock, sailor step (starting to turn left)

1 – 2 Step left foot across right, step right foot to the right side
3&4 Step left behind right, step ball of right to the right side (and slightly back), step left foot across right.
5 – 6 Rock right foot out to the right side, recover onto left.
7&8 Starting to turn a ¼ left, cross right behind left, step left to left side, step right foot to the side.

Section 3: Rock back to complete ¼ turn left, Shuffle forward, Syncopated forward rocks.

1 – 2 completing ¼ turn left rock back onto left foot recover forward onto right foot.
3&4 Shuffle forward L,R,L.
5 – 6 Rock forward onto right foot, recover back onto left foot
&7 – 8 Step right beside left, rock forward onto left, recover back onto right foot.

Section 4: Coaster step, cross rock, syncopated weave right, hitch with slight turn left (1/8th)

1&2 Step left foot back, close right to left, step left foot forward.
3 – 4 Rock right across left, recover back onto left foot.
&5&6 Step right foot to the side, step left foot across right, step right foot to the side, step left foot behind right.
&7 – 8 Step right foot to the side, step left foot across right, hitch right knee up (turning slightly to left diagonal).

Start again

Note:-

If you use the Alternative track by Scotty McCreery You will need to add the following on the 4th wall
After completing section 1 then restart from the beginning

1 – 2 Rock left foot across right
3&4 Chasse L,R,L almost on the spot

Restart.

Happy Dancing

Adrian x

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