Ain't It The Truth

拍数: 32

级数: Improver

编舞者: Eddie Morrison (SCO) - August 2015

音乐: Ain't It the Truth - The Honeycutters

Intro: Start on vocals 16 counts after drum sequence

Section 1: Sweep touch point, Sailor ¼ right. – Sweep touch point, Sailor ½ left.

- 1 -2 Sweep right over left touch right in front of left. Point right to the right side.
- 3&4 Cross right behind left making ¼ turn right, step left to the side, step right forward.
- 5–6 Sweep left over right touch left in front of right. Point left to the left side.
- 7&8 Cross left behind right making ½ turn left, step right to the side, step left forward.

Section 2: Step lock step lock step. Rock recover back lock back.

- 1 -2 Step forward on right, lock left behind right
- 3&4 Step forward on right lock left behind right step forward on right.
- 5-6 Rock forward on left recover on right
- 7&8 Step back on left lock right over, left step back on left

Section 3: Touch back 1⁄4 turn right, Cross and cross. Side rock recover behind side cross

- 1-2 Touch right toe back making a ¼ turn right.
- 3&4 Cross left over right step right to the side cross left over right.
- 5-6 Rock right to the side recover on left,
- 7&8 Step right behind left step left to the side, cross right over left.

Section 4: Side rock recover side close side. Step ¼ turn kick ball step.

- 1 -2 Rock left to the side recover on right
- 3&4 Step left to the side step right beside left step left to the side.

***Restarts

- 5-6 Step forward on right make 1/4 turn left
- 7&8 Kick right forward step right next to left step forward on left.

Restarts *** Wall 3, 6 o'clock and Wall 6, 12 o'clock Section 4 after count 4

Tag: 8 Count Tag - Wall 8: 6 o'clock.

- 1,2, 3&4 Right Rock recover shuffle ½ turn right
- 5,6,7&8 Left Rock recover shuffle ½ turn left

Ending Replace steps 7&8 in section 3 with a sailor 1/4 turn right to finish dance.

7&8 Cross left behind right making ¼ turn right, step right to the side, step left forward

Last Update - 4th Sept 2015





墙数:4