

Till Ya Legs Hurt

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Low Intermediate
编舞者: Rhoda Lai (CAN) - August 2016
音乐: Till Ya Legs Hurt - 99 Percent : (iTunes)



Intro: 16 counts - Sequence: AB AAB AAB AB

A -32 counts

AS1: □ L Dorothy, R Lock Diagonal, L Forward Rock, ¼ L Chasse L

12& Step L to L diagonal, lock R behind L, step forward L
3&4 Step R to R diagonal, lock L behind R, step forward R
56 Rock forward L, recover onto R
7&8 ¼ L stepping L to L side, step R beside L, step L to L side (9:00)

AS2: □ R Forward Rock, R Together-out-out-in, Chugs for ½ L

12 Rock forward R, recover onto L
&3&4 Step R beside L, step L out to L side, step R out to R side, step L in to the center
5678 Chug on R with 1/8 L 4 times (ending weight on R) □ (3:00)

AS3: □ L Forward Rock, L Together, R Forward-twist-twist, Back R, L, R Back Rock, R Kick Step □

12& Rock forward L, recover onto R, step L beside R
3&4 Step forward R, twist both heels to the R, twist both heels to the L back to the center
56 Step back R, step back L
7&8& Rock back R, recover onto L, kick R forward, step R beside L

AS4: □ Press L, Recover R - kick L, L Back - R Hitch-&-hitch, Sailor ¼ R, L Forward Rock, Recover R-hitch L

12 Press L forward, recover onto R while kicking L forward (Easy Option: Rock forward L, recover onto R)
3&4 Step L behind R hitching R, step R in place, hitch R while stepping L in place (Easy Option: L shuffle back)
5&6 ¼ R stepping R behind L, step L to L side, step R to R side □ (6:00)
78 Rock forward L, recover onto R while hitching L

B -32 counts The 1st 3 Bs start facing 6:00. The 4th B starts facing 12:00.

Assume you start the 1st B at 6:00 and follow the clock reference below:

BS1: □ L Diagonal Step-lock-step-lock-step, R Diagonal Step-lock-step-lock-step

12 Step L to L diagonal, lock R behind L (6:00)
3&4 Step L to L diagonal, lock R behind L, step forward L
56 Step R to R diagonal, lock L behind R
7&8 Step R to R diagonal, lock L behind R, step forward R

BS2: □ Sway LRLR (Nae Nae), L Forward Pivot ½ R, L Forward Rock

1234 With bent knees, step L to L side and sway to L, R, L, R (The dance move is called "Nae Nae")

(Optional styling: place L hand up in the air and R hand down on the side)

5678 Step forward L, pivot ½ R, rock forward L, recover onto R □ (12:00)

BS3: □ L Side together, Twist to the L, R Side together, Twist to the R

12 Step L to L side, step R beside L
3&4 Twist to the L: heel, toe, heel (ending weight on L)
56 Step R to R side, step L beside R
7&8 Twist to the R: heel, toe, heel (ending weight on R)

BS4: □¼ R Sway L R(Nae Nae), ¼ R Sway L R(Nae Nae), L Forward Rock, Run back LRLR

- 12 ¼ R stepping L to L side with bent knees and swaying to the L, sway R (Same styling as in S2)□(3:00)
- 34 ¼ R stepping L to L side with bent knees and swaying to the L, sway R (Same styling as in S2)□(6:00)
- 56 Rock forward L, recover onto R
- 7&8& Run back L, R, L, R

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