T.A.C. (That Ain't Country)



拍数: 32

级数: Beginner / Improver

编舞者: Fred Buckley (CAN) & Vivienne Scott (CAN) - September 2016

音乐: That Ain't Country - Aaron Lewis : (iTunes and amazon)

墙数:4

Alt. Music: 'Live While We're Young' by One Direction (Available on itunes and amazon)

Intro: 16 counts - No Restarts.

S1: WALK, WALK, SHUFFLE FORWARD, ROCK FORWARD, COASTER STEP

- 1-2 Step forward on right. Step forward on left.
- (Option: 2-count full turn left travelling forward.)
- 3&4 Shuffle forward stepping right-left-right.
- 5-6 Rock forward on left. Recover onto right.
- 7&8 Step back on left. Step right beside left. Step forward on left.
- (Option: Full turn triple over left shoulder)

Restart (That Ain't Country) here on Walls 5 and 9 (12 o'clock).

Restart Tip: On count 7 of the coaster step, step left long step back.

S2: SIDE ROCK. CROSS SHUFFLE, 1/4 TURN, 1/4 TURN, KICK-BALL-CHANGE

- 1-2 Rock right to right side. Recover onto left.
- 3&4 Cross right over left. Step left to left side. Cross right over left.
- 5-6 Turn 1/4 right and step back on left. Turn 1/4 right and step forward on right.
- 7&6 Kick left forward. Step left beside right. Step right beside left.

S3: SIDE ROCK, BEHIND, 1/4 TURN, STEP, STEP, HEEL TWISTS

- 1-2 Rock left to left side. Recover onto right.
- 3-4 Cross left behind right. Turn 1/4 right and step forward on right.
- 5-6 Step forward on left with toe pointed to left diagonal. Step right in front of left with heel pointed to left instep and right toe to right diagonal. (Third position)
- 7-8 On balls of both feet twist heels out, in. (weight on left)

S4: HEEL TOUCHES FORWARD, SIDE, SAILOR STEP, ROCK RECOVER, SHUFFLE 1/2 TURN

- 1-2 Touch right heel forward. Touch right heel to right side.
- 3&4 Cross right behind left. Step left to left side. Step right slightly forward.
- 5-6 Rock forward on left. Recover onto right.
- 7&8 Turn 1/2 left and step forward on left. Step right beside left. Step forward on left.

Ending ('That Ain't Country'): After Section 3, touch right heel forward and pose!

Ending: ('While We're Young'): After count 4 in Section 2, Step left to left side. Touch right forward and pose.

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