

I Ain't Your Mama

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Nancy Greene (CAN) - October 2018
音乐: I Ain't Your Mama - Maggie Rose



Intro: 24 Count intro, Start with lyrics

S1 [1 - 8] R Side Rock, Behind, Side, Cross, L Side Rock, 1/4 L on Rec, Coaster

1 2 Rock R to R (1), Recover weight to L (2) 12:00
3 & 4 Step R behind L (3), Step L to L side (&), Step R over L (4) 12:00
5 6 Rock L to L side (5), 1/4 turn L recovering weight back to R (6) 9:00
7 & 8 Step L back (7), Step R beside L (&), Step L fwd (8) 9:00

S2 [1 - 8] Out, Out, Hold, In, In, Hold, Step, 1/2 Pivot L, Cross, Back (push hips back)

& 1 2 Step R to R diagonal (&), Step L to L diagonal (1), Hold (2) 9:00
& 3 4 Step R back to home (&), Step L back to home (3), Hold (4) 9:00
5 6 Step R fwd (5), 1/2 Pivot turn L transferring weight to L (6) 3:00
7 8 Step R across L (7), Step back L (push hips back) (8) 3:00

S3 [1 - 8] Step side, Step fwd, 2 x's Double Hip Bump/Toe Struts, Step, 1/4 turn L

1 2 Step R to R side (1), Step L fwd (2) 3:00
3 & Step fwd onto R ball pushing hips R (3), release hips L (&) 3:00
4 Push hips R again while lowering R heel (4) 3:00
5 & Step fwd onto L ball pushing hips L (5), release hips R (&) 3:00
6 Push hips L again while lowering L heel (6) 3:00
7 8 Step R fwd (7), 1/4 Pivot turn L transferring weight to L (8) 12:00

S4 [1 - 8] Cross, Point, Cross, Point, 1/4 turn R Jazz Box with a Cross

1 2 Cross R over (1), L, Point L to L (2) 12:00
3 4 Cross L over R (3), Point R to R (4) 12:00
5 6 Cross R over L (5), Step L back (6) 12:00
7 8 1/4 turn R stepping R to R side (7), Step L across R (8) 3:00

The phrasing of this music does not lend itself to restarts, especially for this level of dance - but it does come back around.

Contact: Nancy Greene DanceWithNanc@icloud.com or NGreene464@gmail.com