

Ain't Leaving Without You (Fans Optional)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: High Intermediate
编舞者: Line Dance Queen Bernadette (USA) - 2010
音乐: Ain't Leavin Without You (feat. Jadakiss) (Remix) - Jaheim



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. Watch demo for style variations and fan klacking opportunities.

PART 1: 8 COUNTS

STEP, QUARTER TURN RIGHT, RUN RUN RUN, THREE QUARTER TURN LEFT, CHA CHA CHA

1 2 3&4 Step on left, making quarter turn right weight on right foot, run forward LRL

5 6 7&8 Walk out three quarter turn to left on RL for 5 and 6, RLR for 7&8

REPEAT PART 1

PART 2: 16 COUNTS

LEFT FOOT FORWARD LEAN, WALK BACK LR,

1&2 3 4 Step left foot forward wiggling left foot leaning forward, walk back on left then right

5&6 7 8 Repeat steps 1-4 above

SIDE, BEHIND AND, SIDE, BEHIND AND, ROCK IN PLACE

1 2& Step on right to right, step left behind right, recover on right,

3 4& Step on left to left, step right behind left, recover on left

5 6 7 8 Rock in place to right, left, right, left

PART 3: 8 COUNTS

STOMP RIGHT, LEFT BEHIND AND OUT IN OUT QUARTER LEFT TURN, RIGHT FOOT UP, BACK, SCUFF, STEP

1 2&3&4& Stomp right foot to right, rock left foot behind right, recover right, place left foot out, in, out hitching left foot and making quarter turn left on 4, step on left for &

5 6 7 8 Tap right foot front, back for 5 and 6, scuff right foot for 7, step on right foot for 8

REPEAT PART 3 THREE MORE TIMES

PART 4: 8 COUNTS

SIDE, BEHIND AND, SIDE, BEHIND AND, BACKWARDS PADDLE HALF TURN TO LEFT

1 2& Step right foot to right, rock left foot behind right, recover right

3 4& Step left foot to left, rock right foot behind left, recover left

5 6 7 8 Standing on right foot use left foot to paddle backwards half turn to left

REPEAT PART 4 THREE MORE TIMES

PART 5: 8 COUNTS

SYNCOPATED UP TOGETHER BACK TOGETHER, PIVOT EIGHTH TURNS LEFT

1 2 3&4 Step up on right foot for 1, left foot up for 2, step back home RLR for 3&4

5 6 7 8 Step right foot forward, pivot 1/8 turn twice recovering on left

REPEAT PART 5 THREE MORE TIMES

REPEAT ENTIRE DANCE TILL MUSIC ENDS

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com

