

I Ain't No Quitter

COPPER KNOB
STEPSHEETS

拍数: 88 墙数: 2 级数: Intermediate
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音乐: I Ain't No Quitter - Shania Twain



HOLD, RIGHT & LEFT HIP BUMPS, HOLD, RIGHT & LEFT HIP BUMPS

1-2 Hold as she sings - he drinks
2nd time - hold as she sings - he chews
3rd time - hold on instrumental
4th time - omit these steps altogether
3-4 Bump hips right, bump hips left
5-6 Hold as she sings - he smokes
2nd time - hold as she sings - he spits
3rd time - hold on instrumental
4th time - omit these steps altogether
7-8 Bump hips right, bump hips left

TOE STRUT JAZZ BOX

1-4 Cross touch right toes over left, step right heel down, touch left toes back, step left heel down
5-8 Touch right toes to right side, step right heel down, touch left toes forward, step left heel down

The above 16 counts are only danced facing front wall the first 3 times only. The 4th and last time facing front wall these 16 counts are omitted

FORWARD DIAGONAL RIGHT & LEFT STEP LOCK STEP SCUFF

1-4 On right diagonal step right forward, lock left behind right, step right forward, scuff left forward
5-8 On left diagonal step left forward, lock right behind left, step left forward, scuff right forward

RIGHT CROSS STEP, LEFT BACK, RIGHT DIAGONAL HEEL TAP 2X, RIGHT BACK, LEFT CROSS STEP, ¼ LEFT & RIGHT BACK, LEFT DIAGONAL HEEL TOUCH

1-4 Cross step right over left, step left back, tap right heel forward on right diagonal twice
5-8 Step right back, cross step left over right, turning ¼ left step right back, touch left heel forward on left diagonal

LEFT BACK, RIGHT CROSS STEP, LEFT SIDE POINT, LEFT CROSS STEP, RIGHT SIDE POINT, RIGHT HEEL-TOE-HEEL TOGETHER

1-4 Step left back, cross step right over left, point left to left side, cross step left over right
5-8 Point right to right side, turn right heel in, turn right toes in, turn right heel in (weight ends on right)

LEFT SIDE ROCK & RECOVER, LEFT CROSS STRUT, ¼ LEFT & RIGHT BACK STRUT, LEFT ROCK BACK & RECOVER

1-4 Rock left to left side, recover weight on right, cross touch left toes over right, step left heel down
5-8 Turning ¼ left touch right toes back, step right heel down, rock left back, recover weight on right

FORWARD DIAGONAL LEFT & RIGHT STEP LOCK STEP SCUFF

1-4 On left diagonal step left forward, lock right behind left, step left forward, scuff right forward
5-8 On right diagonal step right forward, lock right behind right, step right forward, scuff left forward

LEFT CROSS STEP, RIGHT BACK, LEFT DIAGONAL HEEL TAP 2X, LEFT BACK, RIGHT CROSS STEP, ¼ RIGHT & LEFT BACK, RIGHT DIAGONAL HEEL TOUCH

- 1-4 Cross step left over right, step right back, tap left heel forward on left diagonal twice
5-8 Step left back, cross step right over left, turning ¼ right step left back, touch right heel forward on right diagonal

RIGHT BACK, LEFT CROSS STEP, ½ RIGHT MONTEREY, LEFT SIDE TOUCH, LEFT TOGETHER, ¼ RIGHT MONTEREY

- 1-4 Step right back, cross step left over right, point right to right side, turning ½ right step right together
5-8 Touch left toes to left side, step left together, touch right toes to right side, turning ¼ right step right together

LEFT SIDE TOUCH, LEFT HEEL-TOE-HEEL TOGETHER, RIGHT TOES OUT, RIGHT HEEL OUT, RIGHT HEEL IN, RIGHT TOES TOGETHER

- 1-4 Touch left toes to left side, turn left heel in, turn left toes in, turn left heel in (weight ends on left)
5-8 Turn right toes out, turn right heel out, turn right heel in, turn right toes in (weight remains on left)

RIGHT JAZZ BOX, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, ½ LEFT PIVOT TURN

- 1-4 Cross step right over left, step left back, step right to right side, step left forward
5-8 Step right forward, pivot ½ left, step right forward, pivot ½ left

REPEAT

Finale

Final time through, dance to here and then dance the following - step right forward, pivot ½ left, step right forward, hold and strike a pose!

THIS IS THE SEQUENCE:

- 1st wall facing front, as scripted above - counts 1-88
2nd wall facing back start from count 17, finishing on count 88
3rd wall facing front, as scripted above - counts 1-88
4th wall facing back start from count 17, finishing on count 88
5th wall facing front, as scripted above - counts 1-88
6th wall facing back start from count 17, finishing on count 88
7th wall facing front, start from count 17, finishing on count 80
Then add 3 step ending - step RIGHT forward, pivot ½ LEFT, step RIGHT forward and strike a pose!
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