

Ain't Too Proud To Cha

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Improver
编舞者: Max Perry (USA) - May 2009
音乐: Ain't Too Proud to Beg - Rick Astley



Side, Syncopated 5th Position Break, Side With Hip Sways, Step Side & Turn, Touch Side, Syncopated Weave

1-2& Step left to side, cross/rock right behind left (5th position), recover to left
3-4 Rock right to side (sway hips right), recover to left (sway hips left)
5-6 Step right to side, turn ½ right and touch left to side (6:00)
7&8 Cross left behind right, step right to side, cross left over right

Side Rock, Crossing Shuffle, Side Rock, Crossing Shuffle

1-2 Rock right to side, recover to left
3&4 Cross right over left, step left to side, cross right over left
5-6 Rock left to side, recover to right
7&8 Cross left over right, step right to side, cross left over right

Side, Syncopated 5th Position Break, Side With Hip Sways, Step Side & Turn, Touch Side, Syncopated Weave

1-2& Step right to side, cross/rock left behind right (5th position), recover to right
3-4 Rock left to side (sway hips left), recover to right (sway hips right)
5-6 Step left to side, turn ½ left and touch right to side (12:00)
7&8 Cross right behind left, step left to side, cross right over left

Side Rock, Crossing Shuffle, Side Rock, Crossing Shuffle

1-2 Rock left to side, recover to right
3&4 Cross left over right, step right to side, cross left over right
5-6 Rock right to side, recover to left
7&8 Cross right over left, step left to side, cross right over left

Side, Rock Back, Cha-Cha Forward, ½ Turn, Cha-Cha Forward

1-3 Step left to side, rock right back, recover to left
4&5 Step right forward, step left forward, step right forward
6-7 Step left forward, turn ½ right (weight to right)
8&1 Step left forward, step right forward, step left forward

Two ½ Turns Left, Syncopated Jazz Box Turning ¼ Right

2-3 Step right forward, turn ½ left (weight to left)
4-5 Step right forward, turn ½ left (weight to left) (6:00)
6-7 Cross right over left, turn ¼ right and step left back (9:00)
8& Step right to side, step left together

Step Side, Cross Rock, Triple Step Side, Cross Rock, Triple Step Side

1-3 Step right to side (toe turned out), cross/rock right over left, recover to left
4&5 Step left to side, step right together, step left to side (toe turned out)
6-7 Cross/rock right over left, recover to left
8&1 Step right to side, step left together, step right to side (toe turned out)

Walk Around Turn, Triple Side, Back Rock, Forward Step

2-3 Cross left over right (and turn right), step right in place (continuing to turn right) (9:00)

You should have now completed a full turn using the "1" count from the section above and the counts "2-3" to

finish the turn

4&5 Step left to side, step right together, step left to side

6-8 Rock right back, recover to left, step right forward

Repeat

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