

Ain't Gonna Bottle It Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Tayla Kennedy (AUS) & Kimberly Vidler - December 2020
音樂: Ain't Gonna Bottle It Up - Dan Higgins : (3:28)



#16 count intro

(1 - 8): DIAGONAL TOUCHES X 4

- 1 2 Step R foot forward to R diagonal (1), touch L beside R (2)
- 3 4 Step L foot back to L diagonal (3), touch R beside L (4)
- 5 6 Step R foot back to R diagonal (5), touch L beside R (6)
- 7 8 Step L foot forward to L diagonal (7), touch R beside L (8)

(9 - 16): ¼ PIVOT, TOE STRUT, VINE LEFT

- 1 2 Step R forward, pivot ¼ turn over L (9:00)
- 3 4 Touch R toe in front of L, drop R heel
- 5 6 Step L to L side, step R behind L
- 7 8 Step L to L side, touch R beside L.

*Restart Wall 5

(17 - 24): ROCKING CHAIR, ½ PIVOT, STEP SCUFF

- 1 2 Rock/Step forward onto R foot, replace weight onto L
- 3 4 Rock/step back onto R foot, replace weight onto L
- 5 6 Step R forward, pivot ½ turn over L (3:00)
- 7 8 Step R forward, scuff L forward

(25 - 32): ½ PIVOT, STEP SCUFF, STEP, LOCK, WALK X 2

- 1 2 Step L forward, pivot ½ turn over R (9:00)
- 3 4 Step L forward, scuff R forward
- 5 6 Step R forward, lock L behind R
- 7 8 Walk forward R, L.

*RESTART: Dance 16 counts of Wall 5 & restart the dance facing (9:00)

TAG: At the end of wall 9 facing 9:00 add the following 12 counts;

(1 - 8): ROCKING CHAIR, 2 X ½ PIVOTS

- 1 2 Rock/Step forward onto R foot, replace weight onto L
- 3 4 Rock/step back onto R foot, replace weight onto L
- 5 6 Step R forward, pivot ½ turn over L (3:00)
- 7 8 Step R forward, pivot ½ turn over L (9:00)

(9 - 12): FORWARD KICK, BACK TOUCH

- 1 2 Step R forward, kick L forward
- 3 4 Step L back, touch R toe back.

Ending: At the end of Wall 15 dance the first 8 counts then ½ pivot stepping R forward and step together to face the front (12:00).