Ain't Broken

拍數: 32

級數: Beginner

編舞者: Amy Bauman (USA) - October 2024

音樂: Aint Broken - Daniel Rivers Band & Danny Rebel

Begins after two 8-counts

No tags, no restarts

PART 1: STOMPS, SWIVELS RIGHT AND LEFT

- Stomp R foot, swivel heels R, swivel heels L, swivel heels R 1, 2, 3, 4
- 5, 6, 7, 8 Stomp L foot, swivel heels L, swivel heels R, swivel heels L

PART 2: ROCKING CHAIR, FULL TURN WITH LASSO "ROWDY ROPE"

- 1, 2, 3, 4 Rock forward on R foot, recover back on L foot, rock back on R foot, recover forward on L foot
- 5, 6, 7, 8 Step forward on R foot, 1/2 turn over L shoulder to face 6:00 wall, step forward on R foot, 1/2 turn over L shoulder to return to 12:00 wall. Lasso with R arm in the air during counts 5-8

PART 3: GRAPEVINE WITH KNEE HITCH, WALK FWD WITH KNEE HITCH

- Step R foot out to R side, cross L foot behind R, step R foot out to R side, hitch L knee up 1, 2, 3, 4
- 5, 6, 7, 8 Place L foot down, walk R foot forward, walk L foot forward, hitch R knee up

PART 4: HIP SWINGS, RLRL SYNCOPATED BACK ZIG ZAG TOUCHES, ½ TURN

- 1, 2 Put R foot down, swing hips to R
- 3, 4 Swing hips to L
- &5&6 Hop R back to R diagonal, touch L next to R, hop L back to L diagonal, touch R next to L
- &7,8 Step R foot forward, ½ turn over L shoulder to face 6:00 wall, bring R foot next to L foot

In addition to doing the "Rowdy Rope" lasso during Part 2, you can also do the lasso during other parts when you hear the lyrics "Rowdy Rope" towards the end of the song!





牆數: 2