

You Ain't Nothing But

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Irene Groundwater (CAN)
音樂: Hound Dog - Elvis Presley



SWIVELS TO RIGHT, HEELS, HOLD, TOES, HOLD, HEELS, TOES, CENTER, HOLD

1-4 Swivel heels diagonal right, hold, swivel toes diagonal right, hold
5-8 Swivel heels diagonal right, swivel toes diagonal right, swivel heels center, hold

Option:

1 Point hands to right
3 Point hands to left
5-6-7 Point hands right-left-right

POINT FORWARD, HOLD, BACK, HOLD, POINT BACK, HOLD, CLOSE, HOLD

9-12 Point left toe forward, hold, left back, hold
13-16 Point right toe back, hold, close right to left, hold

Option:

9-16 Left forward, right back, left back, hold, right back, left forward, right forward, hold

SWIVELS TO LEFT, HEELS, HOLD, TOES, HOLD, HEELS, TOES, CENTER, HOLD

17-20 Swivel heels diagonal left, hold, swivel toes diagonal left, hold
21-24 Swivel heels diagonal left, swivel toes diagonal left, swivel heels center, hold

Option

17 Point hands to left
19 Point hands to right
21-22-23 Point hands left-right-left

POINT FORWARD, HOLD, BACK, HOLD, POINT BACK, HOLD, CLOSE, HOLD

25-28 Point right toe forward, hold, right back, hold
29-32 Point left toe back, hold, close left to right, hold

Option: right forward, left back, right back, hold, left back, right forward, left forward, hold

BRUSH, DIAGONAL FORWARD, BRUSH, DIAGONAL FORWARD

33-34 Brush right forward beside left, (continue brush) right diagonal forward to right (like a sweep step)
35-36 Brush left forward beside right, (continue brush) left diagonal forward to left (like a sweep step)

BRUSH DIAGONAL FORWARD (4 TIMES)

37-38 Brush right diagonal forward and to right, brush left diagonal forward and to left
39-40 Brush right diagonal forward and to right, brush left diagonal forward and to left

Option: repeat steps 33-36

TOUCH, HOLD, PIVOT ½ TURN RIGHT WITH CLOSE SLIGHTLY APART, HOLD

41-42 Touch right toe to right side, hold
43-44 Push off right toe pivoting ½ turn right on left ball as right closes slightly apart to left, hold

Option: look to the right on count 41 with right arm outstretched index finger pointing down, replace arm to normal position on count 43

CIRCULAR MOVEMENTS WITH HIPS FOR 4 COUNTS

45-48 Rotate hips to the right in a circular movement for 4 counts

Option: bump hips to right-left-right-left

REPEAT

The dance "In The Mood" is a combination of this dance plus "It's Jailhouse Rock Time". I decided to teach the patterns as two separate dances so that my girls at the South Granville Seniors Center could master the dance "In The Mood".
