You Ain't Hurt Nothin' Yet (P)



編舞者: Rick Bates (USA) & Deborah Bates (USA)

音樂: Addicted To Love - Kimber Clayton



Position: Indian Position, same footwork unless noted

WALK FORWARD, OUT-OUT, IN-IN, WALK FORWARD, OUT-OUT, IN-IN

1-2 Step forward on right foot: step left foot next to right

&3 Step slightly to the right on right foot, stretching right arm to the right; step slightly to the left

on left foot about shoulder width apart from right, stretching left arm to the left

&4 Step right foot to home, bringing right arm back to lady's right shoulder; step left foot next to

right, bringing left arm back to lady's left shoulder

5-6 Step forward on right foot; step left foot next to right

&7 Step slightly to the right on right foot, stretching right arm to the right; step slightly to the left

on left foot about shoulder width apart from right, stretching left arm to the left

&8 Step right foot to home, bringing right arm back to lady's right shoulder; step left foot next to

right, bringing left arm back to lady's left shoulder

SIDE STEP, BEHIND, PIVOT, FORWARD SHUFFLE, TO THE RIGHT MILITARY PIVOT, FORWARD SHUFFLE

9-10 Step to the right on right foot; cross left foot behind right and step

& Pivot ¼ turn to the right on ball of left foot Partners now facing OLOD in the left side-by-side position

11&12 Shuffle forward (right, left, right)

Release left hands and raise joined right hands. Lady turns under upraised hands

13-14 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right

foot

Rejoin left hands. Partners now facing ILOD in the Right Side-By-Side Position.

15&16 Shuffle forward (left, right, left)

MAN: VINE RIGHT WITH 1/4 TURN, LADY: 1 1/4 ROLLING TURN TO THE RIGHT

Release left hands and raise joined right hands. Lady turns under upraised hands

17-18 MAN: Step to the right on right foot; cross left foot behind right and step

LADY: Step to the right on right foot and begin a 1 ½ rolling turn to the right traveling to the

right; step on left foot and continue 1 1/4 to the right rolling turn

19-20 MAN: Step a ¼ turn to the right on right foot; step left foot next to right

LADY: Step on right foot and complete 1 1/4 to the right rolling turn; step left foot next to right

Rejoin left hands in the Indian Position facing LOD

SYNCOPATED HEEL/TOE TOUCHES

21 Touch right heel forward

Step right foot next to left; touch left heel forward
Step left foot next to right; touch right toe to the right
Step right foot next to left; touch left toe to the left

BODY TWIST

25-26 Keeping left toe pointed to the left, bend knees and dip right shoulder as you twist body a 1/4

turn to the left; bring right shoulder up and straighten knees

27-28 Bend knees and dip right shoulder as you twist body a ¼ turn to the right; bring right shoulder

up and straighten knees, keeping left toe pointed to the left

MAN: SIDE STEP, BEHIND, TRIPLE STEP, LADY: FULL ROLLING TURN TO THE LEFT, TRIPLE STEP

Raise joined hands. Lady turns under upraised hands

29-30 MAN: Step to the left on left foot; cross right foot behind left and step

LADY: Step to the left on left foot and begin a full rolling turn to the left traveling to the left;

step on right foot and complete full to the left rolling turn

31&32 BOTH: Triple step in place (left, right, left)

REPEAT