

Ain't Runnin' Behind

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數:
編舞者: Curtis Ray (USA)
音樂: The Shake - Neal McCoy



LEFT SIDE, STEP TAP

- 1 Weight on right foot, step left foot to the left, and set weight left
- 2 Tap right toe next to left foot
- 3 Tap right toe out to right side
- 4 Tap right toe next to left foot

RIGHT SIDE, STEP TAP

- 5 Weight on left foot, step right foot to the right, and set weight on right
- 6 Tap left toe next to right foot
- 7 Tap left toe out to left side
- 8 Tap left toe next to right foot

SHUFFLES FORWARD

- 1&2 Shuffle forward, left, right, left
- 3&4 Shuffle forward, right, left, right

STEP TURN A ½, STEP TURN A ¼

- 5 Step left foot forward and set weight on left
- 6 Pivot a ½ turn, right shoulder back, set weight on right
- 7 Step left foot forward and set weight on left
- 8 Pivot a ¼ turn, right shoulder back, set weight on right

LEFT BOX STEP WITH A RIGHT BRUSH

- 1 Cross left foot in front of right and set weight on left
- 2 Step back with right and set weight right
- 3 Step left foot to the left, set weight left
- 4 Brush right foot forward

RIGHT BOX STEP WITH A LEFT TAP

- 5 Cross right foot in front of left and set weight on right
- 6 Step back with left foot and set weight on left
- 7 Step right foot to the right and set weight on right
- 8 Tap left toe next to right foot

45 ANGLE STEP, TAP AND CLAPS

- 1 Step left foot forward at a 45 angle and set weight on left
- 2 Tap right toe to left foot and clap
- 3 Step right foot forward at a 45 angle and set weight on right
- 4 Tap left toe to right foot and clap
- 5 Step left foot forward at a 45 angle and set weight on left
- 6 Tap right toe to left foot and clap
- 7 Step right foot forward at a 45 angle and set weight on right
- 8 Tap left toe to right foot and clap

KICK BALL CHANGES

- 1 Kick left foot forward

- & Step left foot to right foot together and set weight on left
- 2 Step on right foot in place and set weight on right
- 3 Kick left foot forward
- & Step left foot to right foot together and set weight on left
- 4 Step on right foot in place and set weight on right

CROSS LEFT IN FRONT OF RIGHT, TURN A ½ TURN RIGHT

- 5 Cross left foot in front of right, tap left toe
- 6-7-8 Turn a ½ turn right shoulder back, and set weight on right (use three beats of music to do the turn)

KICK BALL CHANGES

- 1 Kick left foot forward
- & Step left foot to right foot together and set weight on left
- 2 Step on right foot in place and set weight on right
- 3 Kick left foot forward
- & Step left foot to right foot together and set weight on left
- 4 Step on right foot in place and set weight on right cross left in front of right, turn a ½ turn right
- 5 Cross left foot in front of right, and tap left toe
- 6-7-8 Turn a ½ turn right shoulder back, and set weight on right (use three beats of music to do the turn)

LEFT GRAPEVINE, WITH A ½ TURN AND RIGHT BRUSH

- 1 Step left foot to the left and set weight on left foot
- 2 Step right foot behind left and set weight on right
- 3 As you step left turn a ½ turn to the left, left shoulder back
- 4 Brush right foot forward right grapevine with a ½ turn, right shoulder back
- 5 Step right foot to the right and set weight on right
- 6 Step left foot behind right foot and set weight on left
- 7 As you step right foot to the right, turn your right foot a ¼ to the right
- 8 As you step left, pivot on ball of right foot a ½ turn right shoulder back and center weight

HIP BUMPS

- 1-2 Bump hips to the left twice
- 3-4 Bump hips to the right twice
- 5 Bump hips to the left
- 6 Bump hips to the right
- 7 Bump hips to the left
- 8 Bump hips to the right, ending weight, on right foot

REPEAT
