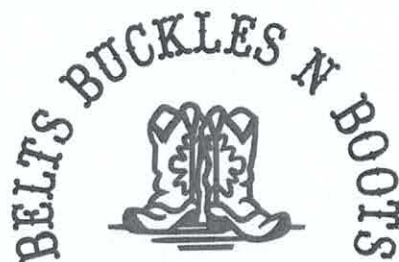


Ain't Life Crzy

Choreographed by Angie Harriss (1/24)

Music: Ain't Life Crzy by Dallas Smith

Dance Description: 64 Counts, 1 Wall, Upper Beginner Line Dance



INTRO: 32 Counts

POINT – 1/4 R HOOK – SHUFFLE FWD R – PADDLE 1/4 R – CROSS SHUFFLE

- 1-2 Point R to R side, 1/4 R Hook L under R knee
- 3&4 Step R fwd, Step L together, Step R fwd
- 5-6 Step L fwd, 1/4 R Pivot weight on R
- 7&8 Cross L over R, Step R ball together, Cross L over R

FWD TOUCH – SHUFFLE L DIAG BACK – BACK TOUCH – SHUFFLE L DIAG FWD

- 1-2 Step fwd on R 45, Touch L together
- 3&4 Step L back on L 45, Step R together, Step L back on L 45
- 5-6 Step R back on R 45, Touch L together
- 7&8 Step L fwd on L 45, Step R together, Step L fwd on L 45

STEP R FWD – KICK L – L COASTER STEP – STEP R FWD – KICK L – L COASTER STEP

- 1-2 Step R fwd, Kick L fwd
- 3&4 Step R back, Step L together, Step R fwd
- 5-6 Step R fwd, Kick L fwd
- 7&8 Step R back, Step L together, Step R fwd

ROCK R FWD – 1/2 R SHUFFLE FWD – ROCK L FWD – 1/2 L SHUFFLE FWD

- 1-2 Rock R fwd, Replace weight on L
- 3&4 1/2 R Stepping R fwd, Step L together, Step R fwd
- 5-6 Rock L fwd, Replace weight on R
- 7&8 1/2 L Stepping L fwd, Step R together, Step L fwd

R LOCK STEP, SCUFF – L LOCK STEP, SCUFF

- 1-4 Step R fwd on R 45, Lock L behind R, Step R fwd on R 45
- 5-8 Step L fwd, on L 45, Lock R behind L, Step L fwd on L 45

BACK TOUCH – BACK TOUCH – 4 SINGLE HIPS R, L, R, L

- 1-4 Step R back on R 45, Touch L together, Step back on L 45, Touch R together
- 5-8 Hip bumps R, L, R, L

R SIDE SHUFFLE – ROCK L BACK/REPLACE – L SIDE SHUFFLE – ROCK R BACK/REPLACE

- 1&2 Step R to R side, Step L together, Step R to R side
- 3-4 Rock L back, Replace weight on R
- 5&6 Step L to L side, Step R together, Step L to L side
- 7-8 Rock R back, Replace weight on L

STOMP R – 1/4 R KICK FWD – R COASTER STEP – PADDLE 1/4 R – L CROSS SHUFFLE

- 1-2 Stomp R fwd (no weight change) 1/4 R Kick R fwd
- 3&4 Step R back, Step L together, Step R fwd
- 5-6 Step L fwd, 1/4 R Pivot weight on R
- 7&8 Cross L over R, Step R ball together, Cross L over R

Tags: Wall 3 after 16 Counts (K Step Shuffles) & Wall 4 after 40 Counts (Lock Steps)

- 1-2 Step forward on right foot, turn half turn left (12 o'clock)
- 3&4 Kick ball change on right foot

Thank You – Dance Your Dance – Angie Harris