

# AIN'T RUNNIN' BEHIND

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**Count:** 64      **Wall:** —      **Level:** —

**Choreographer:** Curtis Ray

**Music:** The Shake by 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 $\frac{1}{2}$ , STEP TURN A $\frac{1}{4}$

- 5      Step left foot forward and set weight on left
- 6      Pivot a  $\frac{1}{2}$  turn, right shoulder back, set weight on right
- 7      Step left foot forward and set weight on left
- 8      Pivot a  $\frac{1}{4}$  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  $\frac{1}{2}$  turn right
- 5 Cross left foot in front of right, and tap left toe
- 6-7-8 Turn a  $\frac{1}{2}$  turn right shoulder back, and set weight on right (use three beats of music to do the turn)

### **LEFT GRAPEVINE, WITH A $\frac{1}{2}$ 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  $\frac{1}{2}$  turn to the left, left shoulder back
- 4 Brush right foot forward right grapevine with a  $\frac{1}{2}$  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  $\frac{1}{4}$  to the right
- 8 As you step left, pivot on ball of right foot a  $\frac{1}{2}$  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**