## Ain't Life Grand

Count: 32
Wand: 4
Ebene: Intermediate
Choreograf/in: Candace Jajo-Burns (USA) - September 2022
Musik: Grand - Kane Brown


Intro - 16 Counts (Dance begins at :14 seconds right before he says "And I wouldn't trade it for nothing")

## *1 Restart

## Start dance with feet shoulder width apart.

S1: Knee pop inward \& outward, kick, jazz box into pivot $1 / 2$ turn, pivot $1 / 2$ turn
1\&2\& Pop R knee inward by turning $R$ toes to face LF, pop $R$ knee outward by turning toes to R, Kick RF (weight will shift from RF to $L$ when you kick), Step RF across LF
3-4 Step LF back, step RF next to LF
5-6 Step LF forward, pivot $1 / 2$ turn over $R$ shoulder
7-8 Step LF forward, pivot $1 / 2$ turn over R shoulder
S2: 2 Lock steps, 2 L heel swivels bumping $L$ hip forward, 2 lock steps, syncopated rocking chair
1\&2\& Step LF forward, lock RF behind LF, step LF forward, lock RF behind LF
3\&4\& Swivel heels forward while bumping L hip forward, swivel heels back, swivel heels forward while bumping $L$ hip forward, swivel heels back
5\&6\& Step LF forward, lock RF behind LF, step LF forward, touch RF next to LF
7\&8\& Rock RF forward, recover on L, rock RF back, recover on L

S3: Pivot $1 / 2$ turn, two prissy walks, step $1 / 2$ turn with a sweep, step forward, kick cross step
1-2 Step RF forward, pivot $1 / 2$ turn
3-4 Step RF forward with slight cross over LF, Step LF forward with slight cross over RF
\&5-6 Step RF forward, $1 / 2$ turn over $L$ shoulder sweeping $L$ foot, step $L F$ forward
7\&8 Kick RF forward, touch R toes across LF, step LF shoulder width apart from RF
S4: Hip dip to $L$, weave, step $1 / 4$ turn to $R$, walk $L$ forward, step RF shoulder width apart from LF
1-2 Dip hips down and to the $L$
3\&4\& Cross RF over L, step L next to R, cross RF behind L, step L next to $R$
5-6 Touch RF next to $L$, step RF $1 / 4$ turn over $R$ shoulder
7-8 Walk LF forward, step RF shoulder width apart from LF
**Restart is during wall 1. Restart the dance after section 3.
YouTube: PHX Dance with Candace
Facebook: PHX Dance
Instagram: @phxlivedance

