Ain't Life Grand



Count: 32 Wall: 4 Level: Intermediate

Choreographer: Candace Jajo-Burns (USA) - September 2022

Music: 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 ½ turn, pivot ½ 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

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3-4	STAN I L	nack ctan	RF next to LF

5-6	Step LF forward, pivot ½ turn over R shoulder
7-8	Step LF forward, pivot ½ 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
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30 4 0	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 ½ turn, two prissy walks, step ½ turn with a sweep, step forward, kick cross step

1-2	Step RF forward	I, pivot ½ turn
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3-4	Step RF :	forward with sligh	nt cross over LF. :	Step LF t	forward with sligh	t cross over RF

&5-6	Step RF forward, ½ turn over L shoulder sweeping L foot, step LF 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

Touch RF next to L, step RF ¼ turn over R shoulder
Walk LF forward, step RF shoulder width apart from LF

YouTube: PHX Dance with Candace

Facebook: PHX Dance Instagram: @phxlivedance

^{**}Restart is during wall 1. Restart the dance after section 3.