

Ain't No

COPPER KNOB
BY SHEETS

Count: 96

Wall: 0

Level: Advanced

Choreographer: Fabian Müller (CH) - July 2024

Music: Ain't No - Thomas Mac



Description Part A1 32c, Part A2 32c, Part B1 16c, Part B2 16c, Tag1 16c, Tag2 16c

SEQ. : A1 – B1 – B2 – Tag1 – A1 – B1 – B2 – Tag2 – A2 – B1 – B2 – Tag1

Part A1

Sect 1: KICK, SIDE, TOGETHER, SWIVEL, SWIVEL, VAUDEVILLE, 1/8 TURN, CROSS, ROLLING KNEES

- 1 & 2 & Kick R diagonal to R – Step to side R – Step L next to R and turn 1/8 left (10:30) – Swivel both heel to L
- 3 & 4 Swivel both heel back – Swivel L heel to left – Swivel L heel back and put weight on L
- 5 & 6 & Cross R in front of L – Step side L (1/8 turn right back to front) – Diagonal heel forward R – Step slightly back on R
- 7 & 8 Cross L in front of R (1/8 turn right facing 01:30) – Push body up and put weight on both toes, but weight on R going back to weight on full foot and but weight back on L (making a rolling move)

Sect 2: KICK BALL CROSS, 1/8 TURN, ROCK STEP, RECOVER, 1/2 TURN, STEP, 1/4 TURN WEAVE, 1/4 ROCK STEP, RECOVER, 1/2 TURN, STEP FORWARD

- 1 & 2 Kick R forward – Step R next to L – Cross L in front of R
- 3 & 4 1/8 Turn right and rock forward R (03:00) – Recover on L – 1/2 Turn right and step forward R (09:00)
- & 5 & 6 1/4 Turn right and side step L (12:00) – Cross R behind L – Side step L – Cross R in front of L
- & 7 – 8 1/4 Turn left and rock forward L (09:00) – Recover R – 1/2 Turn left and step forward L (03:00)

Sect 3: 1/4 TURN HEEL ROCK, RECOVER, 1/2 TURN, STOMP, STEP TURN, STOMP, FLICK, STOMP & SWIVEL, KICK, STOMP AND SWIVEL

- 1 & 2 1/4 Turn left with weight on L Heel and rock forward R – Recover L – 1/2 Turn right and stomp forward R
- 3 & 4 & Step forward L – 1/2 Turn right and put weight on R – Stomp forward L – Flick R to side
- 5 & 6 & Stomp forward R – Swivel both heel to R – Swivel both heel back – Kick R to side
- 7 & 8 Stomp back R – Swivel both heel out – Swivel both heel back to center

Sect 4: SIDE, HOOK & SLAP, SIDE, HOOK & SLAP, STOMPING SHUFFLE, VAUDEVILLE, STOMP, HOLD

- 1 & 2 & Side step R – Hook L in front of R and slap with right hand – Side step L – Hook R behind L and slap with left hand
- 3 & 4 Stomp to side R – Step L next to R – Stomp to side R
- 5 & 6 Cross L in front of R – Step R to side – Heel forward L
- 7 – 8 Stomp L to side – Hold

Part A2

Sect 1 KICK, SIDE, TOGETHER, SWIVEL, SWIVEL, VAUDEVILLE, 1/8 TURN, CROSS, ROLLING KNEES

- 1 & 2 & Kick R diagonal to R – Step to side R – Step L next to R and turn 1/8 left (10:30) – Swivel both heel to L
- 3 & 4 Swivel both heel back – Swivel L heel to left – Swivel L heel back and put weight on L
- 5 & 6 & Cross R in front of L – Step side L (1/8 turn right back to front) – Diagonal heel forward R – Step slightly back on L
- 7 & 8 Cross L in front of R (1/8 turn right facing 01:30) – Push body up and put weight on both toes, but weight on R going back to weight on full foot and but weight back on L (making a rolling move)

Sect 2 KICK BALL CROSS, 1/8 TURN, ROCK STEP, RECOVER, 1/2 TURN, STEP, 1/4 TURN WEAVE, 1/4 ROCK STEP, RECOVER, 1/2 TURN, STEP FORWARD

- 1 & 2 Kick R forward – Step R next to L – Cross L in front of R
3 & 4 1/8 Turn right and rock forward R (03:00) – Recover on L – 1/2 Turn right and step forward R (09:00)
& 5 & 6 1/4 Turn right and side step L (12:00) – Cross R behind L – Side step L – Cross R in front of L
& 7 – 8 1/4 Turn left and rock forward L (09:00) – Recover L – 1/2 Turn left and step forward L (03:00)

Sect 3 1/4 TURN HEEL ROCK, RECOVER, 1/2 TURN, STOMP, STEP TURN, STOMP, FLICK, STOMP & SWIVEL, KICK, STOMP AND SWIVEL

- 1 & 2 1/4 Turn left with weight on L Heel and rock forward L – Recover L – 1/2 Turn right and stomp forward R
3 & 4 & Step forward L – 1/2 Turn right and put weight on R – Stomp forward L – Flick R to side
5 & 6 & Stomp forward R – Swivel both heel to R – Swivel both heel back – Kick R to side
7 & 8 Stomp back R – Swivel both heel out – Swivel both heel back to center

Sect 4 SIDE, HOOK & SLAP, SIDE, HOOK & SLAP, STOMPING SHUFFLE, STOMP, HOLD, STOMP, HOLD

- 1 & 2 & Side step R – Hook L in front of R and slap with right hand – Side step L – Hook R behind L and slap with left hand
3 & 4 Stomp to side R – Step L next to R – Stomp to side R
5 – 6 Stomp L next to R – Hold
7 – 8 Stomp R next to L – Hold

Part B1

Sect 1 JUMP, FLICK & SLAP, FLICK & SLAP, 1/4 TURN, KICK, JUMP, 1/4 TURN, FLICK, 1/4 TURN, KICK, 1/4 TURN, FLICK, JUMPING GRAPEVINE, KICK, 1 1/2 TURN JUMPING JAZZ BOX

- 1 & 2 & Jump forward on both feet – Flick R crossed behind L and slap with left hand – Flick R to right and slap with right hand – 1/4 Turn and kick forward R
3 & 4 & Jump forward on both feet – 1/4 Turn and flick R – 1/4 Turn and kick L – 1/4 Turn and flick L
5 & 6 & Kick L diagonal to left – Jump to left on L and flick R crossed behind L – Jump to left on R and kick L diagonal to left – Kick R forward
7 & 8 & 1/2 Turn left and cross R in front of L – 1/4 Turn left and kick forward R – 1/2 Turn left and kick forward L – 1/4 Turn left and cross L in front of R

Sect 2 SLIDE, BACK ROCK, RECOVER, KICK, KICK, KICK, TOUCH, 1/2 UNWIND, KICK, FLICK, HEEL, HOOK, HEEL HOOK

- 1 – 2 & Big step to side R and slide L towards R – Crossed back rock L – Recover R
3 & 4 & Kick L diagonal forward to left – Jump on L moving to left and kick R diagonal forward to left – Jump on R moving to left and kick diagonal forward to left – Jump on left
5 – 6 & Touch R crossed behind L and 1/2 turning unwind right, ending with weight on R – Kick forward L – Flick R
7 & 8 & Crossed heel R in front of L and go down a little – Hook R in front of L and go up – Crossed heel R in front of L and go down a little – Hook R in front of L and go up again

Part B2

Sect 1 KICK, BACK ROCK, RECOVER, SCUFF JUMP, 1/4 TURN, FLICK, 1/4 TURN, KICK, FLICK, JUMPING GRAPEVINE, KICK, 1 1/2 TURN JUMPING JAZZ BOX

- 1 & 2 & Kick forward R – Jumping back rock R – Recover L – Scuff R next to L
3 & 4 & Jump forward on both feet – 1/4 Turn and flick R – 1/4 Turn and kick L – Flick L
5 & 6 & Kick L diagonal to left – Jump to left on L and flick R crossed behind L – Jump to left on R and kick L diagonal to left – Kick R forward
7 & 8 & 1/2 Turn left and cross R in front of L – 1/4 Turn left and kick forward R – 1/2 Turn left and kick forward L – 1/4 Turn left and flick back R

Sect 2 SLIDE, BACK ROCK, RECOVER, KICK, KICK, KICK, 1/2 TURN, STOMP 2x, STOMP 2x

- 1 – 2 & Big step to side R and slide L towards R – Crossed back rock L – Recover R

- 3 & 4 & Kick L diagonal forward to left – Jump on L moving to left and kick R diagonal forward to left –
Jump on R moving to left and kick diagonal forward to left – ½ Turn right and jump on left
- 5 & 6 Stomp up R to side – Stomp R to side – Hold
- 7 & 8 Stomp up L to side – Stomp L to side – Hold

Tag 1

Sect 1 ½ SWEEP TURN, SIDE, CROSS, SLIDE, BACK ROCK, RECOVER, ¼ SWEEP TURN, BACK ROCK, RECOVER, ¼ SWEEP TURN, BACK ROCK, RECOVER

- 1 – 2 & Side step R and ½ turn left with sweep L – Side step L – Cross R in front of L
- 3 – 4 & Big step to L and slide R towards L – Crossed back rock R behind L – Recover L
- 5 – 6 & ¼ Turn left, step to side R and sweep L – Crossed back rock L behind R – Recover R
- 7 – 8 & ¼ Turn right, step to side L and sweep R – Crossed back rock R behind L – Recover L

Sect 2 ½ SWEEP TURN, SIDE, CROSS, SLIDE, BACK ROCK, RECOVER, KICK, KICK, FLICK, STOMP, KICK, KICK, FLICK, STOMP

- 1 – 2 & Side step R and ½ turn left with sweep L – Side step L – Cross R in front of L
- 3 – 4 & Big step to L and slide R towards L – Crossed back rock R behind L – Recover L
- 5 & 6 & Kick diagonal forward R – Jump on R moving right and kick diagonal forward L to right –
Jump on L and Flick back R – Stomp diagonal forward R to right.
- 7 & 8 & Kick diagonal forward L to right – Jump on L moving right and kick diagonal forward R to right
– Jump on R and flick back L – Stomp diagonal forward L to right

Final: Instead of Flick L back and Stomp L, Kick again with left, jump on both feet with L crossed in front of R and turn ½ right back to the front!

Tag 2

Sect 1 WEAVE, ½ TURN, KICK, ¼ TURN, KICK, ¼ TURN, FLICK, STOMP, WEAVE, BACK ROCK, RECOVER, BACK ROCK, RECOVER

- 1 & 2 & Side step R – Cross L behind R – Side step R – Cross L in front of R
- 3 & 4 & ½ Turn right and kick forward R – ¼ Turn right and kick forward L – ¼ Turn right and flick
back R – Stomp R next to L
- 5 & 6 & Side step L – Cross R behind L – Side step L – Cross R in front of L
- 7 & 8 & Jumping back rock L – Recover R - Jumping back rock L – Recover R

Sect 2 STEP, STOMP UP, ¼ TURN, STEP, STOMP UP, ¼ TURN, STEP, STOMP UP, ¼ TURN, STEP, STOMP UP, ¼ TURN, ROCKING CHAIR, STOMP, HITCH, STOMP

- 1 & 2 & Step forward L – Stomp up R next to L – ¼ Turn left and step back R – Stomp up L next to R
- 3 & 4 & ¼ Turn left and Step forward L – Stomp up R next to L – ¼ Turn left and step back R – Stomp
up L next to R
- 5 & 6 & ¼ Turn left and rock forward L – Recover R – Rock back L – Recover R
- 7 & 8 Full stomp forward R – Jump on R and hitch L – Stomp forward L

heavymetalcowboy.ch
fabian.langnau@bluewin.ch
