

# You Ain't Nothing But

**COPPER** KNOB  
BY STEPHENETS

**Compte:** 48

**Mur:** 2

**Niveau:** Beginner

**Chorégraphe:** Irene Groundwater (CAN)

**Musique:** Hound Dog - Elvis Presley



## SWIVELS TO RIGHT, HEELS, HOLD, TOES, HOLD, HEELS, TOES, CENTER, HOLD

- 1-4 Swivel heels diagonal right, hold, swivel toes diagonal right, hold  
5-8 Swivel heels diagonal right, swivel toes diagonal right, swivel heels center, hold

### Option:

- 1 Point hands to right  
3 Point hands to left  
5-6-7 Point hands right-left-right

## POINT FORWARD, HOLD, BACK, HOLD, POINT BACK, HOLD, CLOSE, HOLD

- 9-12 Point left toe forward, hold, left back, hold  
13-16 Point right toe back, hold, close right to left, hold

### Option:

- 9-16 Left forward, right back, left back, hold, right back, left forward, right forward, hold

## SWIVELS TO LEFT, HEELS, HOLD, TOES, HOLD, HEELS, TOES, CENTER, HOLD

- 17-20 Swivel heels diagonal left, hold, swivel toes diagonal left, hold  
21-24 Swivel heels diagonal left, swivel toes diagonal left, swivel heels center, hold

### Option

- 17 Point hands to left  
19 Point hands to right  
21-22-23 Point hands left-right-left

## POINT FORWARD, HOLD, BACK, HOLD, POINT BACK, HOLD, CLOSE, HOLD

- 25-28 Point right toe forward, hold, right back, hold  
29-32 Point left toe back, hold, close left to right, hold

**Option: right forward, left back, right back, hold, left back, right forward, left forward, hold**

## BRUSH, DIAGONAL FORWARD, BRUSH, DIAGONAL FORWARD

- 33-34 Brush right forward beside left, (continue brush) right diagonal forward to right (like a sweep step)  
35-36 Brush left forward beside right, (continue brush) left diagonal forward to left (like a sweep step)

## BRUSH DIAGONAL FORWARD (4 TIMES)

- 37-38 Brush right diagonal forward and to right, brush left diagonal forward and to left  
39-40 Brush right diagonal forward and to right, brush left diagonal forward and to left

**Option: repeat steps 33-36**

## TOUCH, HOLD, PIVOT ½ TURN RIGHT WITH CLOSE SLIGHTLY APART, HOLD

- 41-42 Touch right toe to right side, hold  
43-44 Push off right toe pivoting ½ turn right on left ball as right closes slightly apart to left, hold

**Option: look to the right on count 41 with right arm outstretched index finger pointing down, replace arm to normal position on count 43**

## CIRCULAR MOVEMENTS WITH HIPS FOR 4 COUNTS

- 45-48 Rotate hips to the right in a circular movement for 4 counts

**Option: bump hips to right-left-right-left**

**REPEAT**

The dance "In The Mood" is a combination of this dance plus "It's Jailhouse Rock Time". I decided to teach the patterns as two separate dances so that my girls at the South Granville Seniors Center could master the dance "In The Mood".

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