Ain't Got Nothin

拍数: 32

级数: Improver

编舞者: Jamie Barnfield (UK) - October 2021

音乐: Ain't Got Nothing On Us - John Michael Montgomery : (Album: What I Do The Best - iTunes & amazon)

Intro: 32 counts

S1: STEP. LOCK & STEP. LOCK & ROCKING CHAIR

- 1-2& Step forward on right to right diagonal, lock left behind right, close right next to left
- 3-4& Step forward on left to left diagonal, lock right behind left, close left next to right
- 5-6 Rock forward on right, recover on left
- 7-8 Rock back on right, recover on left

BRIDGE: During the last wall (8), the music slows down and then kicks back in.

Slow down steps 5-8 in section 1 to the music and add the below bridge and then continue.

- 1-2 Step right to right side and sway hips to right
- 3-4 Step left to left side and sway hips to left

S2: JAZZ BOX 1/4 TURN, SIDE CHASSE, ROCK BACK RECOVER

- 1-2 Cross right over left, step back on left
- 3-4 Turn 1/4 right stepping right to right, cross left over right (3:00)
- 5&6 Step right to right side, close left next to right, step right to right side
- 7-8 Rock back on left, recover on right

S3: TOUCH OUT IN, SIDE DRAG, TOUCH OUT IN, SIDE, BRUSH

- 1-2 Point left to left side, touch left next to right
- 3-4 Large step to left on left, drag right to left and touch next to left
- 5-6 Point right to right side, touch right next to left
- 7-8 Step to right on right, brush left across right

S4: JAZZ BOX, SIDE, BEHIND SIDE CROSS, STEP

- 1-2 Cross left over right, Step back on right
- 3-4 Step left to left side, cross right over left
- 5 Step left to left side
- 6&7 Cross right behind left, step left to left side, cross right over left
- 8 Step to left side

TAGS: END OF WALLS 3, 6 & 8

- 1&2 Cross right behind left, step left to left side, cross right over left
- Step left to left side, touch right next to left 3-4

(For the 8th wall tag & ending, slow the tag down to match the music!)

Enjoy!





墙数:4