

# And, This Ain't No Thinkin' Thing

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Cathy Snow (USA) - December 2023  
音乐: This Ain't No Thinkin' Thing - Trace Adkins



Intro: 32 counts

## [1-8] CROSS ROCKS, TRIPLES

1-2            Cross/rock right over left; recover left  
3&4           Triple in place stepping right, left, right  
5-6           Cross/rock left over right; recover right  
7&8           Triple in place stepping left, right, left

## [9-16] SIDE ROCK R, TRIPLE IN PLACE, SIDE ROCK L, TRIPLE IN PLACE

1-2            Rock to right side, recover on the left  
3&4           Triple in place right, left, right  
5-6           Rock to left side, recover on the left  
7&8           Triple in place left, right, left

## [17-24] SHUFFLE FWD R, L, R; ROCK FORWARDL, RECOVER R, SHUFFLE BACK L, R, L BACK, RECOVER L

1&2           Shuffle forward right, left, right  
3-4           Rock forward left, recover right  
5&6           Shuffle back left, right, left  
7-8           Rock back on right, recover on left

## [25-32] STEP RIGHT, POINT LEFT; STEP LEFT, POINT RIGHT; ¼ TURNING JAZZ BOX

1-2            Step right, point left  
3-4            Step left, point right  
5-6            Cross right over left; step back left  
7-8            Step right side; step left forward

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