

# You Ain't Nothing But

**COPPER** **NOB**  
STEPSHEETS

拍數: 48                      牆數: 2                      級數: Beginner  
編舞者: Irene Groundwater (CAN)  
音樂: 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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