

# Aint No Fool

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Justine Brown (UK) - April 2011  
音樂: Giddy On Up - Laura Bell Bundy



## Section One: Touch Right Forward Heel Split, Touch Left Forward Heel Split, Mambo Rock, Coaster Cross

- 1 & 2      Touch Right Toe Forward, Swivel both Heels apart, Swivel heel both Heels together (taking weight on Right)
- 3 & 4      Touch Left Toe Forward, Swivel both Heels apart, Swivel both Heels together (taking weight on left).
- 5 & 6      Right Rock Forward, Recover Back onto Left, Step Right in Place.
- 7 & 8      Step Left Back, Step Right Beside, Cross Left over right.

## Section Two: Rock Side, Recover, Cross, Touch Left to side, Bumping Hips, Cross Rock, ¼ right, Shuffle Full Turn

- 1 & 2      Rock Right to Right side, Recover side on left, Cross Right over Left.
- 3 & 4      Touch Left to side, Bump hips, Left, Right, Left (taking weight onto left).
- 5 & 6      Cross Rock Right over Left, Recover back onto left, Turn ¼ right stepping right forward. (3:00)
- 7 & 8      Triple full turn Right, stepping Left, Right Left... (can be replaced with a forward shuffle).

## Section Three: Mambo Rock, Cross, Back, Side, Cross, Coaster Step, Walk,

- 1 & 2      Rock Right Forward, Recover back on Left, Step Back on Right.
- 3 & 4      Cross Left over Right, step Back on Right, Step Left to Left side.
- 5 - 6      Cross Right over left, Step Back on Left.
- & 7 - 8      Step Right beside Left, Step Left Forward, Walk Right Forward.

## Section Four: Step Forward, Monterey ½, Step Forward, Monterey ½

- 1 - 2      Step Forward on Left, Point Right to side.
- 3 - 4      Turn ½ right onto right foot, Point Left to side (9:00)
- 5 - 6      Step Forward on Left, Point Right to side.
- 7 - 8      Turn ½ right into right foot, Point Left to side. (3:00)

## Section Five: Samba step, Samba Step, Forward Rock Coaster Step

- 1 & 2      Cross Left forward over right, Rock Right to side, step Left in place.
- 3 & 4      Cross Right forward over Left, Rock Left to side, Step Right in place.
- 5 - 6      Rock Left Forward, Recover back onto right.
- 7 & 8      Step back on Left, Step Right Beside Left, Step Left Forward.

## Section Six: Forward Rock, Recover, Turn ½, Turn ½, Turn ½, Step, Kick Ball Change.

- 1 - 2      Rock Right forward, Recover back onto Left.
- 3 - 4      Make ½ turn Right stepping forward Right, Make ½ turn Right stepping back Left.
- 5 - 6      Make ½ turn Right stepping forward Right, Step forward Left. (9:00)
- 7 & 8      Kick Right Forward, Step Right next to left, Step Left in place.

## RESTART

## TAG 1: END OF 2ND WALL (FACING BACK 6:00) 12 COUNT TAG.

### FULL TURN - ROCKING CHAIR

- 1 -2      Step Right Forward - Pivot ¼ turn
- 3-4      Step Right Forward - Pivot ¼ turn
- 5-6      Step Right Forward - Pivot ¼ turn
- 7-8      Step Right Forward - Pivot ¼ turn

9-10 Rock Right forward, Recover back on left  
11-12 Rock Right Back – Recover forward onto Left

**TAG 2: END OF 4TH WALL (FACING FRONT 12:00) 4 COUNT TAG.**

**ROCKING CHAIR**

1-2 Rock Right forward, Recover back on left  
3-4 Rock Right Back – Recover forward onto Left

**Plus, there is time at the end of the music after the Monterey turn to swing around to face front for a “strike a pose” ending..**

**Enjoy**

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