

YOU AIN'T NOTHING BUT

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Count: 48

Wall: 2

Level: Beginner

Choreographer: Irene Groundwater

Music: Hound Dog by 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".