

Ain't No Thang

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Stefano Ciaccio - November 2019

Music: Ain't No Thang by Trea Landon

Start on lyric

Restart: Fifth repetition after 16 counts

SEZ.1: ROCKING CHAIR, KICK, ROCK BACK, BREAK TIME

1,2,3,4 Rock right forward, recover to left, rock right back recover to left

5,6 Kick kick right forward

7,8 Rock back right, break time

SEZ.2: COASTER STEP, SCUFF, STEP RIGHT, SCUFF, STEP LEFT, SCUFF

1,2,3,4 Coaster step left, scuff right

5,6 Step right, scuff left

7,8 Step left, scuff right

SEZ.3: GRAPEVINE RIGHT, SCUFF, GRAPEVINE TURN LEFT, SCUFF

1,2,3,4 Grapevine right, scuff left

5,6,7,8 Grapevine left, turn left, scuff

SEZ.4: STEP RIGHT, FLICK LEFT, STEP LEFT, HOOK RIGHT, ROCK JUMP RIGHT BACK, STOMP, BREAK TIME

1,2 Step right, flick left

3,4 Step left, hook right

5,6 Rock back right, weight on the left

7,8 Stomp, break time