

# Ain't Got Nothin

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Jamie Barnfield (UK) - October 2021

**Music:** - John Michael Montgomery : (Album: What I Do The Best - iTunes & amazon)

## #16 count intro, 2 easy restarts

### [1-8] L lock forward, brush, R lock forward brush, L mambo forward, R mambo back.

**1&2&**        Step L forward, lock step R behind L, step L forward, brush R.

**3&4&**        Step R forward, lock step L behind R, step R forward, brush L.

**5&6**         Rock forward L, recover R, step back L

**7&8**         Rock back R, recover L, step forward R (12:00)

\*\*\*\*\*restart here on wall 7\*\*\*\*\*

### [9-16] L step ¼ cross, ¼ ¼ cross, L side behind side cross sway L R

**1&2**         Step L forward, turn ¼ right, step L across R (3:00)

**3&4**         Step R back ¼ turn L(12:00), step L ¼ turn L(9:00) cross R over L. (9:00)

**5&6&**        Step L to left side, step R behind L, step L to left, cross step R over L.

**7-8**         Sway hips L, R. (9:00)

\*\*\*\*\*restart here on wall 3\*\*\*\*\*

### [17-24] Syncopated Rock steps, L step ½ turn step, Syncopated Rock steps, R step ½ turn step

**1&2&**        Rock forward on L, recover R, rock back on L recover R

**3&4**         Step L forward, ½ turn right, step forward on L (3:00)

**5&6&**        Rock forward on R, recover L, rock back on R recover L

**7&8**         Step R forward, ½ turn left, step forward on R. (9:00)

### [25-32] Side rock recover step L, R, L mambo forward, R coaster

**1&2**         Rock L to left side, recover R, step L forward

**3&4**         Rock R to right side, recover L, step R forward

**5&6**         Rock L forward , recover R, step L back.

**7&8** Step R back, step L back beside R, step R forward (9:00)

**Restart Wall 3 after 16 counts and Wall 7 after 8 counts.**

**Dance ends naturally on front wall.**

**Dance from the Heart with JOY!!!!!!**

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