

AIN'T NOTHIN' U CAN DO

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Count: 32

Wall: 4

Level: intermediate west coast swing

Choreographer: Forty Arroyo

Music: Ain't Nothin' You Can Do by Bobby Bland

5 COUNT STROLL, FORWARD LOCK STEP -RIGHT-LEFT-RIGHT, ½ PIVOT

- 1-5** Step forward right - angling body to left, lock left behind right, step forward right - squaring off to 12:00, step forward left - angling body to right, lock right behind
- &** Step left next to right
- 6&7** Step forward right - squaring off to 12:00, lock left behind right, step forward on right
- 8** Pivot ½ to left (weight on left) (now at 6:00)

PRESS, PUSH, PRESS, PUSH, SAILOR STEP, BALL CROSS, ROCK

- 1-4** Press forward on ball of right, push off onto left, press forward on right, push off onto left
- 5&6** Sweep right around and step right behind left turning ¼ to right, step left together, step right to right

&7(Ball cross)turning ¼ to right - step left in place on ball of left, cross right over left

- 8** Push off on right - shifting weight onto left (now at 12:00)

WALK BACK, STEP BUMP & BUMP, COASTER STEP, PIVOT ½ TURN

- 1-2** Sweeping one foot behind the other, walk back right and left
- 3&4** Step slightly back on right (angling body toward left) bump hips right, left, right
- 5&6** Step back left, step right together, step forward left
- 7-8** Step forward right, pivot ½ to left (weight on left) (now at 6:00)

ROCK, RECOVER, ½ TURN, HOLD, FULL TURN, BALL TOUCH, ¼ TURN

- 1-4** Rock forward right, recover on left (prep for ½ right), turn ½ right stepping forward right, hold
- 5-6** Step forward left turning ½ right, step back right turning ½ right,
- &7-8** Step left in place, touch right forward, pivot ¼ left on left (weight on left) (now at 9:00)

REPEAT

TAG

If you are using "Ain't Nothing You Can Do" there is an 8 count tag after the 6th rotation

- 1-2** Step right to side angling body to left, touch left next to right
- 3-4** Step left to side angling body to right, touch right next to left
- 5-6** Step right to side angling body to left, touch left next to right
- 7-8** Step left to side angling body to right, touch right next to left