

# Ain't Bad

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**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Kevin Johnson (Aug 08)

**Music:** Two Out Of Three Ain't Bad by Meat Loaf

**Or Music: Like A Rock by Bob Seger**

**Step, Rock Recover, ½ Turn, Step, Rock Recover, Quarter, Triple ¾ Turn**

**1-2&** Step left-to-left side, rock right behind left, recover on left (prepping for ½ turn over left shoulder)

**3-4&** Make ½ left turn stepping right-to-right side, rock left behind right, recover on right foot

**5-6** Step ¼ turn left with left foot forward, step right forward

**7&8& ¼ turn right with left to left side, ¼ turn right with right to right side, ¼ right with left to left side, step right forward (12:00)**

**Lunge, Rock Recover, Lunge, Rock Recover, Step Rock ½ Turn, Vine**

**1-2&** Lunge left forward foot, rock right forward, recover on left

**3-4&** Lunge right back, rock left behind right, step on right forward

**5-6&** Step left forward, rock right forward, step left back

**7&8& ½ turn right with right foot forward, ¼ turn right with left to left side, cross right over left, step left to side**

**Sweep, Vine, Rock Recover Forward, Rock ½ Turn, ½ Turn Left, ½ Turn Left**

**1-2&3** Cross right behind left while sweeping left foot front to back, step left foot behind right, right to right side, cross left over right

**4&5** Rock right foot forward, recover on left, step on right foot forward

**6&7** Rock left foot forward, recover on right, ½ turn left with left foot forward

**8& ½ turn left while stepping right back, ½ turn left while stepping left forward**

**Simpler version for 8&1: step forward right, step forward left, sweep right out and around for ½ turn**

**Sweep ½ Turn, 2 Shuffles, Cross, Back, Side, ½ Turn Rock Recover, ½ Turn**

**1-2&3 ½ turn sweeping right around (weight still on left foot), step right foot forward, step left together, step right forward**

**4&5** Step left foot forward, step right foot next to left, step left forward

**6&7** Cross right over left, step left back, step right to side

**8& ½ turn right rocking on left-to-left side, recover on right, and then make another ½ turn right to restart the dance facing 9:00**

### **Repeat**

**Tags and restarts are for when you are dancing to "Two Out Of Three Ain't Bad" by Meatloaf.**

**TAG: On wall 6 facing 9:00, while dancing the last 8 counts of the dance, counts 1-2& are the same. Instead of turning ½ turn stay to that same wall and lunge right to right side, rock recover, then restart with left to left side on wall 6**

**TAG: On wall 7**

**1-2&** Step left-to-left side, rock right behind left, recover on left

**3-4& ½ turn left stepping right to right side, touch left foot behind right, ¼ turn left stepping left forward (this part is going to seem fast)**

**5&** Facing 6:00 step forward right, step forward left

**&** Step forward right

**&8** Step forward left, ¼ turn left, stepping right-to-right side

### **Restart dance stepping out left**

**RESTART: On wall 10 do the FIRST 8 counts plus the first 4& count on the next 8. So count to "12&" then restart, after lunge forward, rock recover back, rock recover, restart**