



Approved by:



# Ain't You Glad

## 4 WALL - 48 COUNTS - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Cross Rock, Right Side Shuffle, Cross Rock, Left Side Shuffle</b> Cross rock right over left. Recover onto left. Step right to right side. Step left beside right. Step right to right side. Cross rock left over right. Recover onto right. Step left to left side. Step right beside left. Step left to left side.	Cross Rock Side Close Side Cross Rock Side Close Side	Left Right Right Left
<b>Section 2</b> & 1 - 2 & 3 - 4 5 - 6 7 - 8	<b>Jump Forward, Together, Clap, Jump Back, Together, Clap, Hip Rolls</b> Jump forward on right. Step left beside right. Clap. Jump back on right. Step left beside right. Clap. Roll hips round right to left, shifting weight from right foot to left. Roll hips round right to left, shifting weight from right foot to left.	Jump Together Clap Back Together Clap Hip Roll Hip Roll	Forward Back On the spot On the spot
<b>Section 3</b> 1 & 2 3 - 4 5 & 6 7 - 8	<b>Forward Shuffle, Step, Pivot 1/2, Forward Shuffle, Step, Pivot 1/2</b> Step right forward. Step left beside right. Step right forward. Step left forward. Pivot 1/2 right. Step left forward. Step right beside left. Step left forward. Step right forward. Pivot 1/2 left.	Right Shuffle Step Pivot Left Shuffle Step Pivot	Forward Turning right Forward Turning left
<b>Section 4</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Rocking Chair, Vine Right, Scuff</b> Rock right forward. Recover back onto left. Rock right back. Recover forward onto left. Step right to right side. Cross left behind right. Step right to right side. Scuff left forward.	Forward Rock Back Rock Side Behind Side Scuff	Forward Back Right Right
<b>Section 5</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Rocking Chair, Vine Left 1/4 Turn, Scuff</b> Rock left forward. Recover back onto right. Rock left back. Recover forward onto right. Step left to left side. Cross right behind left. Make 1/4 turn left stepping left forward. Scuff right forward beside left.	Forward Rock Back Rock Side Behind Turn Scuff	Forward Back Left Turning left
<b>Section 6</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Modified Jazz Box</b> Cross right toe over left. Drop heel taking weight. Touch left toe back. Drop heel taking weight. Touch right toe to right side. Drop heel taking weight. Touch left toe beside right. Drop heel taking weight.	Cross Strut Back Strut Side Strut Side Strut	Left Back Right On the spot

**Choreographed by:** Teri Rogers (USA) 2006

**Choreographed to:** 'California Girls' by Gretchen Wilson (144 bpm) from CD All Jacked Up (8 count intro on the word 'there's')

**Music Suggestion:** 'Nothin' to Lose' by Josh Green (124 bpm) from Josh Gracin CD.