

Ain't Nobody

96 count, 4 wall, intermediate level

Choreographer: Jackie Barber (UK) March 2007

Choreographed to: Ain't Nobody by Chaka Khan,
Epiphany, The Best of Chaka Khan (102 bpm)

Intro: 16 counts - after the heavy beat

Section 1 Right mambo forward, Left Mambo back X 2

- 1&2 Rock forward onto right recover onto left, close right next to left.
3&4 Rock back onto left recover onto right, close left next to right.
5 - 8 Repeat steps 1 - 4

Section 2 Right shuffle forward, Left shuffle forward, Right cross unwind 1/2 turn left, Left coaster step

- 1&2 Step right forward. Step left beside right. Step right forward.
3&4 Step left forward. Step right beside left. Step left forward.
5, 6 Cross right over left, unwind 1/2 turn left transferring weight onto right.
7&8 Step back onto left. Close right next to left, step forward left.

Section 3 Jazz box, cross step, long step right, close feet, and chasse right

- 1, 2 Cross right over left, step back onto left.
3, 4 Step right to right side, cross left over right.
5, 6 Step right foot a long step to right side, close left next to right.
7&8 Step right to right side, close left beside right, step right to right side.

Section 4 Cross rock recover, chasse left, weave 1/4 turn left

- 1, 2 Cross rock left over right, recover onto right.
3&4 Step left to left side, close right beside left, step left to left side.
5, 6 Cross right over left, step left to left side,
7-8 Cross right behind left, step left forward 1/4 turn over left shoulder.

Section 5 Right cross unwind 1/2 turn left, Left coaster step, Cross step, kick left forward, touch right behind.

- 1, 2 Cross right over left, unwind 1/2 turn left transferring weight onto right.
3&4 Step back onto left. Close right next to left, step forward left.
5, 6 Cross step right over left, kick left to left diagonal.
7, 8 Step left next to right, Touch right diagonally back right

Section 6 Cross step right, kick left forward, touch right behind. Jazz box, cross step,

- 1, 2 Cross step right over left, kick left to left diagonal.
3, 4 Step left next to right, Touch right diagonally back right
5, 6 Cross right over left, step back onto left.
7, 8 Step right to right side, cross left over right.

Section 7 Long step right, chasse 1/4 turn right, long step left, chasse left.

- 1, 2 Step right foot a long step to right side, close left next to right.
3&4 Step right to right side, close left beside right, step right 1/4 turn right.
5, 6 Step left foot a long step to left side, close right next to left.
7&8 Step left to left side, close right beside left, step left to left side.

Section 8 Rock back right recover 1/2 turn left, rock back left recover 1/2 turn right, right lock steps back, left lock steps back

- 1&2 Rock back onto right foot recover onto left making a half turn over left shoulder, stepping back onto right.
3&4 Rock back onto left foot recover onto right making a half turn over right shoulder, stepping back onto left.
5&6 Step back right, lock left over right, step back on right.
7&8 Step back left, lock right over left, step back on left.

Section 9 Rock back right, recover onto left make 1/4 turn left step right to right side, rock back left recover, step left to left side, step turn step, left lock step forward.

- 1&2 Rock back onto right foot, recover onto left make 1/4 turn left stepping right to right side.
3&4 Rock back onto left recover onto right, step left to left side.
5&6 Step forward onto right foot pivot 1/2 a turn over left shoulder, step forward right.
7&8 Step left forward. lock right behind left. Step left forward.
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Section 10 Full turn left, right rock cross, left rock cross, chasse right,

- 1, 2 Make a 1/2 turn left stepping back on right, make another 1/2 turn left stepping forward on left.
3&4 Rock right out to right side recover onto left, cross right over left.
5&6 Rock left out to left side recover onto right, cross left over right.
7&8 Step right to right side, close left beside right, step right to right side.

Section 11 Left cross, side, behind & heel, step, right cross, side, behind & heel, step

- 1, 2 Cross left over right, step right to right side.
3&4& Step left behind right, step right to right side, dig the left heel forward, step left next to right.
5, 6 Cross right over left, step left to left side.
7&8& Step right behind left, step left to left side, dig the right heel forward, step right next to left.

Restart here on wall 2

Section 12 Step left, hip bumps, step right hip bumps, touch behind unwind, step 1/2 turn left.

- 1&2 Step forward left, Bump hips left, right, left.
3&4 Step forward right, bump hips right, left, and right.
5, 6 Touch left toe behind unwind 1/2 turn transferring the weight to right foot.
7, 8 Step forward onto the left foot and pivot 1/2 turn left.

Restart on wall 2 at the end of section 11

Replace the heel dig (8) with a touch and restart the dance.

Music download available from Napster

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