

Ain't Nobody

48 Count, 2 Wall, Improver

Choreographer: Clare Bull (UK) Jan 2012

Choreographed to: Ain't Nobody by Mary J. Blige, CD:
My Life II ... The Journey Continues (Act 1)

Start on lyrics

- 1 RIGHT ROCK REPLACE & ROCK REPLACE, WALK BACK L,R, COASTER CROSS**
1-2& Rock fwd on right, replace weight on left, step right next to left
3-4 Rock fwd on left, replace weight on right
5-6 Walk back left, right
&7-8 Step left back, step right together, cross left over right
- 2 TURN 1/4 LEFT, SIDE, REPLACE, WALK L,R, SHUFFLE, MAMBO**
1-2& Turn 1/4 left stepping back on right, step left to left side, replace weight on right (9:00)
3-4 Walk fwd left, right
5&6 Step fwd on left, step right next to left, step fwd on left
7&8 Rock fwd on right, replace weight on left, step back on right
- 3 BEHIND-SIDE-CROSS, SCISSOR STEP, SHUFFLE 1/4, 1/4 CHASSE**
1&2 Cross left behind right, step right to right side, cross left over right
3&4 Step right to right side, step Left beside Right. Cross right over left
5&6 Step left to left side, step together with right, step fwd on left making 1/4 turn left
7&8 Step right to side making a 1/4 turn left, step together with left, step right to right side (3:00)
- 4 BACK ROCK, KICK BALL CROSS, SCISSOR, TOUCH OUT-IN, 1/4 TURN**
1-2 Rock back on left, replace weight on right
3&4 Kick left fwd, replace weight on left, cross right over left
5&6 Step left to left side, step right beside left. Cross left over right
7&8 Touch right toe out to right side, touch right toe next to left, step fwd on right making 1/4 turn right (6:00)
- 5 WALK IN A FULL CIRCLE L,R,L,R, MAMBO, COASTER**
1-4 Walk in a full circle clockwise
5&6 Rock fwd on left, replace weight on right, step back on left
7&8 Rock back on right, replace weight left, step fwd on right (6:00)
*** RESTART HERE DURING WALL 3**
REPLACE STEPS 7&8 WITH A COASTER TOUCH
(Rock back on right, replace weight left, touch right next to left)
- 6 SIDE TOUCH, CHASSE, SIDE TOUCH, BACK ROCK**
1-2 Step left to left side, touch right toe next to left
3&4 Step right to right side, step together with left, step right to right side
5-6 Step left to left side, touch right toe next to left
7-8 Rock back on right, replace weight on left (6:00)
- * RESTART: WALL 3 - AFTER 40 COUNTS**
REPLACE STEPS 7&8 WITH A COASTER TOUCH
(Rock back on right, replace weight left, touch right next to left)