

Ain't Nothin' U Can Do

32 count, 4 wall, intermediate level

Choreographer: Forty Arroyo (USA) Nov 2005

Choreographed to: Aint Nothin' You Can Do by Bobby Bland; A Taste Of Dis by Brook Valentine

Starts on the word "When..."

1-8 5 COUNT STROLL, FORWARD LOCK STEP –RLR, ½ PIVOT

- 1-5 Step forward R – angling body to L, Lock L behind R, Step forward R – squaring off to 12 o'clock, Step forward L – angling body to R, Lock R behind
& Step L next to R
6&7 Step forward R – squaring off to 12 o'clock, Lock left behind R, Step forward on R
8 Pivot ½ to L (weight on L) (now at 6 o'clock)

9-16 PRESS , PUSH, PRESS, PUSH, SAILOR STEP ,BALL CROSS, ROCK

- 1-4 Press forward on ball of R, Push off onto L, Press forward on R, Push off onto L
5&6 Sweep R around and step R behind L turning ¼ to R, Step L together, Step R to R
&7 (Ball Cross)Turning ¼ to R - Step L in place on ball of L, Cross R over L
8 Push off on R - shifting weight onto L (now at 12 o'clock)

17-24 WALK BACK, STEP BUMP & BUMP, COASTER STEP, PIVOT ½ TURN

- 1 – 2 Sweeping one foot behind the other, Walk back R and L
3&4 Step slightly back on R (angling body toward L) Bump hips R, L, R
5&6 Step back L, Step R together, Step forward L
7-8 Step forward R, Pivot ½ to L (weight on L) (now at 6 o'clock)

25-32 ROCK, RECOVER, ½ TURN, HOLD, FULL TURN, BALL TOUCH, ¼ TURN

- 1-4 Rock forward R, Recover on L (prep for ½ R), Turn ½ R stepping forward R, Hold
5-6 Step forward L turning ½ R, Step back R turning ½ R,
&7-8 Step L in place , Touch R forward, Pivot ¼ L on L (weight on L) (now at 9 o'clock)

Start over, have fun and thank you for giving it a try.

If you are using "Ain't nothing you can do" there is an 8 count tag after the 6th rotation – it happens only once.

TAG – after you have completed the fourth rotation (will happen at 9 o'clock)

- 1-2 Step R to side angling body to L, Touch L next to R
3-4 Step L to side angling body to R, Touch R next to L
5-6 Step R to side angling body to L, Touch L next to R
7-8 Step L to side angling body to R, Touch R next to L