



## This Ain't No Thinkin' Thing

32 Count, 4 Wall, Absolute Beginner

Choreographer: Ilona Tessmer-Willis (USA) Feb 2018

Choreographed to: this Ain't No Thinkin' Thing by Trace Adkins

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**Due to dance written for very beginner dancers or as floor split,  
it's danced straight through without restart - works well.**

**Intro: 32 cts**

**Section 1 R STEP L TOGETHER R STEP L TAP, L ROCKING CHAIR**

1-2 R Step Side, L Close next to R,  
3-4 R Step Side, L Tap  
5-6 L Rock Forward, R Recover,  
7-8 L Rock Back, R Recover

**Section 2 L STEP R TOGETHER L STEP R TAP, R ROCKING CHAIR**

1-2 L Step Side, R Close next to L  
3-4 L Step Side, R Tap  
5-6 R Rock Forward, L Recover  
7-8 R Rock Back, L Recover

**Section 3 R & L FORWARD TOE STRUT, R OUT L OUT R IN L IN**

1-2 R Toe Forward, Drop Heel  
3-4 L Toe Forward, Drop Heel  
5-6 R Step Out to Side, L Step Out to Side  
7-8 R Step in, L Step In

**Section 4 3/4 R TURN: STEP FORWARD R L R L, 2 R HIP BUMP 2 L HIP BUMP**

1-2 1/4 R Turn: R Step Forward, 1/4 R Turn: L Step Forward  
3-4 1/4 R Turn: R Step Forward, L Step Forward  
5-8 Hip Bump 2 R, 2L (weight ends on left)

**Enjoy dancing to this great tune!**