



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

**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!