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| Ain't Bad |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Kevin Johnson (USA) - August 2008 |
| **Music:** | Two Out of Three Ain't Bad - Meat Loaf |
| . |

**Or Music: Like A Rock by Bob Seger**

**Step, Rock Recover, ½ Turn, Step, Rock Recover, Quarter, Triple ¾ Turn**

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| 1-2& | Step left-to-left side, rock right behind left, recover on left (prepping for ½ turn over left shoulder) |

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| 3-4& | Make ½ left turn stepping right-to-right side, rock left behind right, recover on right foot |

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| 5-6 | Step ¼ turn left with left foot forward, step right forward |

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| 7&8& | ¼ turn right with left to left side, ¼ turn right with right to right side, ¼ right with left to left side, step right forward (12:00) |

**Lunge, Rock Recover, Lunge, Rock Recover, Step Rock ½ Turn, Vine**

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| 1-2& | Lunge left forward foot, rock right forward, recover on left |

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| 3-4& | Lunge right back, rock left behind right, step on right forward |

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| --- | --- |
| 5-6& | Step left forward, rock right forward, step left back |

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| 7&8& | ½ turn right with right foot forward, ¼ turn right with left to left side, cross right over left, step left to side |

**Sweep, Vine, Rock Recover Forward, Rock ½ Turn, ½ Turn Left, ½ Turn Left**

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| 1-2&3 | Cross right behind left while sweeping left foot front to back, step left foot behind right, right to right side, cross left over right |

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| 4&5 | Rock right foot forward, recover on left, step on right foot forward |

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| 6&7 | Rock left foot forward, recover on right, ½ turn left with left foot forward |

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| 8& | ½ turn left while stepping right back, ½ turn left while stepping left forward |

**Simpler version for 8&1: step forward right, step forward left, sweep right out and around for ½ turn**

**Sweep ½ Turn, 2 Shuffles, Cross, Back, Side, ½ Turn Rock Recover, ½ Turn**

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| 1-2&3 | ½ turn sweeping right around (weight still on left foot), step right foot forward, step left together, step right forward |

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| 4&5 | Step left foot forward, step right foot next to left, step left forward |

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| --- | --- |
| 6&7 | Cross right over left, step left back, step right to side |

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| 8& | ½ turn right rocking on left-to-left side, recover on right, and then make another ½ turn right to restart the dance facing 9:00 |

**Repeat**

**Tags and restarts are for when you are dancing to "Two Out Of Three Ain't Bad" by Meatloaf.**

**TAG: On wall 6 facing 9:00, while dancing the last 8 counts of the dance, counts 1-2& are the same. Instead of turning ½ turn stay to that same wall and lunge right to right side, rock recover, then restart with left to left side on wall 6**

**TAG: On wall 7**

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| --- | --- |
| 1-2& | Step left-to-left side, rock right behind left, recover on left |

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| 3-4& | ½ turn left stepping right to right side, touch left foot behind right, ¼ turn left stepping left forward (this part is going to seem fast) |

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| --- | --- |
| 5& | Facing 6:00 step forward right, step forward left |

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| & | Step forward right |

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| --- | --- |
| &8 | Step forward left, ¼ turn left, stepping right-to-right side |

**Restart dance stepping out left**

**RESTART: On wall 10 do the FIRST 8 counts plus the first 4& count on the next 8. So count to "12&" then restart, after lunge forward, rock recover back, rock recover, restart**