**Count:** 32

Level: Intermediate

Choreographer: Charlie Bowring (UK)

Music: Ain't No Heartache - John Permenter

This dance was written for John Permenter for his 1997 British Tour, by myself and a few of my good friends. -- Charles Bowring

1-2	Right shimmy while stepping right foot to right
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- 3-4 Jump both feet right, jump making 1/4 turn right
- 5-8 Swivel to left on heels, toes, heels, toes
- &9-10 Syncopated jump forward right, left, clap
- &11-12 Repeat steps & 9-10
- Right foot touch to right side four times making <sup>3</sup>/<sub>4</sub> turn left 13-16
- 17-18 Right toe forward, right heel down with click fingers
- 19 Pop left knee forward
- 20 Pop right knee forward, left heel down
- & Right heel down
- 21-22 Left toe forward, left heel down with click fingers
- 23 Pop right knee forward
- 24 Pop left knee forward, right heel down
- & Left heel down
- 25-26 Right heel grind
- 27-28 Step back on right, rock forward on left
- 29-32 Repeat steps 25 - 28

REPEAT





**Wall:** 4