Ain't Nothin' Better

Niveau: Beginner

Chorégraphe: Ilona Tessmer-Willis (USA) - August 2016

Musique: Ain't Nothin' Better - The Stickers : (Google Play - iTunes)

Mur: 4

Intro: 32 counts

Compte: 32

S1: R FORWARD STEP TOGETHER STEP HOLD, 2 L KICK TOUCH

- 1-2 R Step Forward, L Step next to R
- 3-4 R Step Forward, Hold
- 5-6 L Kick Forward, L Touch next to R
- 7-8 L Kick Forward, L Touch next to R

S2: L FORWARD STEP TOGETHER STEP HOLD, 1/2 L TURN: R PIVOT, R & L FORWARD STEP

- 1-2 L Step Forward, R Step next to L
- 3-4 L Step Forward, Hold
- 5-6 R Step Forward, Pivot L 1/2 (with balls of feet)
- 7-8 Step Forward R & L

S3: R ROCK FORWARD HOLD, L ROCK BACK HOLD

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

S4: 1/4 R TURN: 4 HEEL BOUNCES, HIP BUMP OR SWAYS (OPTION BELOW)

- &1&2&3&4 R 1/16 turn with weight on Balls of Feet lift (&) and drop heels (1) 4x
- 5-8 R L R L Hip Bump or Sway (weight on left to start S1 again)
- *OPTION To Heel Bounce: S4 count 1-4
 - *1/4 R Turn: 1-2 Step R Forward, 3-4 L next to R

Have fun with this great new song by The Stickers, which is currently at #57 & climbing.

Contact: hel.38@att.net