

Ain't Mary Jane

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Helen Parkyn (UK) - January 2023

Musique: Ain't Mary Jane - Jenny Tolman



Intro - very quick start, nothing to really count in with, start after first heavy chord on first word

HIP BUMPS UP AND DOWN (OR PLAIN BUMPS)

- 1 - 4 touching right toe forward bump hips right, left, right, left, bending knees slightly to go down and up taking weight on right on count 4 (or just bump right, left, right, hold)
- 5 - 8 touching left toe forward bump left, right, left, right, bending knees slightly to go down and up taking weight on left on count 8 (or just bump left, right, left, hold)

ROCK FORWARD RIGHT, SHUFFLE BACK RIGHT, ROCK BACK LEFT, SHUFFLE FORWARD LEFT

- 1, 2, 3&4 rock forward on right foot, recover back on left, shuffle back on right on 3&4 (step back right, close left beside, step back right)
- 5, 6, 7&8 rock back on left foot, recover forward on right, shuffle forward left on 7&8 (step forward left, close right beside, step forward left)

SYNCOPATED FORWARD ROCK SWITCHES, SHUFFLE BACK LEFT, TOUCH BACK RIGHT, HALF UNWIND RIGHT 6.00

- 1, 2, &, 3, 4 rock forward on right foot, recover back on left, switch on the & bringing right beside left, rock forward on left, recover back on right
- 5&6, 7, 8 shuffle back left (step back left, close right beside, step back left), touch right toe straight back, 1/2 unwind right transferring weight to right foot after turn (6.00)

SYNCOPATED FORWARD ROCK SWITCHES, SHUFFLE BACK RIGHT, TOUCH BACK LEFT, HALF UNWIND LEFT 12.00

- 1, 2, &, 3, 4 rock forward on left foot, recover back onto right, switch on the & count bringing left beside right, rock forward on right, recover back on left
- 5&6, 7, 8 shuffle back right (step back right, close left beside, step back right), touch left toe straight back, 1/2 unwind left transferring weight to left after turn (12.00)

4X STEP FORWARD, POINT OUT WITH CLICKS ** AND ATTITUDE ☺ ******

- 1 - 4 step forward right, touch left out and click fingers, step forward left, touch right out and click
- 5 - 8 step forward right, touch left out and click, step forward left, touch right out and click

RIGHT JAZZ BOX 1/4 TURN RIGHT, TURN 1/4 LEFT, TURN 1/4 LEFT, CROSS, SIDE

- 1 - 4 cross step right over front of left, step back left, make 1/4 turn right stepping right to side (3.00), cross step left over front of right
- 5 - 8 making 1/4 left (12.00) step back right, making 1/4 turn left (9.00) step left to left side, cross step right over front left, step left to left side (right will slide towards left to restart)

END OF DANCE, START AGAIN

To help with start, have right toe touching slightly forward so you can go straight into the bumps when the music starts have fun with them, and the step clicks with attitude

Ending wall 7, started facing 6.00 section 4 (facing 12.00 at this point) rock forward left, recover, switch and rock forward right, recover, step back right, slide left back to it and hold it