Ain't Nothin' U Can Do

Compte: 32	**Mur:** 4	**Niveau:** Intermediate west coast swing	

Chorégraphe: Forty Arroyo (USA)

Musique: Ain't Nothing You Can Do - Bobby Bland

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5 COUNT STROLL, FORWARD LOCK STEP -RIGHT-LEFT-RIGHT, ½ PIVOT

1-5	Step forward right - angling body to left, lock left behind right, step forward right - squaring off to 12:00, step forward left - angling body to right, lock right behind
&	Step left next to right
6&7	Step forward right - squaring off to 12:00, lock left behind right, step forward on right
8	Pivot ½ to left (weight on left) (now at 6:00)

PRESS, PUSH, PRESS, PUSH, SAILOR STEP, BALL CROSS, ROCK

1-4	Press forward on ball of right, push off onto left, press forward on right, push off onto left
5&6	Sweep right around and step right behind left turning ¼ to right, step left together, step right to right
&7	(Ball cross)turning ¼ to right - step left in place on ball of left, cross right over left
8	Push off on right - shifting weight onto left (now at 12:00)

WALK BACK, STEP BUMP & BUMP, COASTER STEP, PIVOT ½ TURN

1-2	Sweeping one foot behind the other, walk back right and left
3&4	Step slightly back on right (angling body toward left) bump hips right, left, right
5&6	Step back left, step right together, step forward left
7-8	Step forward right, pivot ½ to left (weight on left) (now at 6:00)

ROCK, RECOVER, ½ TURN, HOLD, FULL TURN, BALL TOUCH, ¼ TURN

1-4	Rock forward right, recover on left (prep for ½ right), turn ½ right stepping forward right, hold
5-6	Step forward left turning ½ right, step back right turning ½ right,
&7-8	Step left in place, touch right forward, pivot ¼ left on left (weight on left) (now at 9:00)

REPEAT

TAG
If you are using "Ain't Nothing You Can Do" there is an 8 count tag after the 6th rotation

1-2	Step right to side angling body to left, touch left next to right
3-4	Step left to side angling body to right, touch right next to left
5-6	Step right to side angling body to left, touch left next to right
7-8	Step left to side angling body to right, touch right next to left