# Set On U



編舞者: Gloria Johnson (USA)

音樂: Ain't Nothin' No One Can Do - Sean Dennison



The CD can be ordered through Sean's web site: http://www.seandennison.com

## "WEST COAST" SLOW COASTER STEP, HOLD

1-2	Step	riaht	forward;	step	left	forward

3-4 Tap right toe behind left foot; step right back

5-6 Step left back; step right back

7-8 Step left forward; hold

## OUT-OUT, HOLD, IN-CROSS, HOLD, 4 CT. FULL TURN

&9-10	Step right slightly out; step left slightly out; hold
&11-12	Step left slightly in; cross-step right over left; hold

13-16 Pivot a full turn over 4 counts

### **HEEL/TOE SWIVELS**

17-18	Swivel heels right; swivel toes right
19-20	Swivel heels right; swivel toes right
21-22	Swivel toes left; swivel heels left
23-24	Swivel toes left; swivel heels left

### FIGURE 8

25-26	Step right to right side; cross-step left behind right
27-28	Turning ¼ right, step on right; step left forward
29-30	Pivot ½ turn right; turning ¼ right, step on left

31-32 Cross-step right behind left; turning ¼ left, step on left

#### **REPEAT**

When doing the dance to "Ain't Nothin' No One Can Do," there is a 4-count musical bridge after the 2nd wall. Pause briefly here for the 4 beats, then begin the dance again