

# Ain't Bad

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Kevin Johnson (USA) - August 2008  
音樂: Two Out of Three Ain't Bad - Meat Loaf



Or Music: Like A Rock by Bob Seger

## Step, Rock Recover, ½ Turn, Step, Rock Recover, Quarter, Triple ¾ Turn

- 1-2&      Step left-to-left side, rock right behind left, recover on left (prepping for ½ turn over left shoulder)  
3-4&      Make ½ left turn stepping right-to-right side, rock left behind right, recover on right foot  
5-6      Step ¼ turn left with left foot forward, step right forward  
7&8&      ¼ turn right with left to left side, ¼ turn right with right to right side, ¼ right with left to left side, step right forward (12:00)

## Lunge, Rock Recover, Lunge, Rock Recover, Step Rock ½ Turn, Vine

- 1-2&      Lunge left forward foot, rock right forward, recover on left  
3-4&      Lunge right back, rock left behind right, step on right forward  
5-6&      Step left forward, rock right forward, step left back  
7&8&      ½ turn right with right foot forward, ¼ turn right with left to left side, cross right over left, step left to side

## Sweep, Vine, Rock Recover Forward, Rock ½ Turn, ½ Turn Left, ½ Turn Left

- 1-2&3      Cross right behind left while sweeping left foot front to back, step left foot behind right, right to right side, cross left over right  
4&5      Rock right foot forward, recover on left, step on right foot forward  
6&7      Rock left foot forward, recover on right, ½ turn left with left foot forward  
8&      ½ turn left while stepping right back, ½ turn left while stepping left forward

**Simpler version for 8&1: step forward right, step forward left, sweep right out and around for ½ turn**

## Sweep ½ Turn, 2 Shuffles, Cross, Back, Side, ½ Turn Rock Recover, ½ Turn

- 1-2&3      ½ turn sweeping right around (weight still on left foot), step right foot forward, step left together, step right forward  
4&5      Step left foot forward, step right foot next to left, step left forward  
6&7      Cross right over left, step left back, step right to side  
8&      ½ turn right rocking on left-to-left side, recover on right, and then make another ½ turn right to restart the dance facing 9:00

**Repeat**

**Tags and restarts are for when you are dancing to "Two Out Of Three Ain't Bad" by Meatloaf.**

**TAG: On wall 6 facing 9:00, while dancing the last 8 counts of the dance, counts 1-2& are the same. Instead of turning ½ turn stay to that same wall and lunge right to right side, rock recover, then restart with left to left side on wall 6**

**TAG: On wall 7**

- 1-2&      Step left-to-left side, rock right behind left, recover on left  
3-4&      ½ turn left stepping right to right side, touch left foot behind right, ¼ turn left stepping left forward (this part is going to seem fast)  
5&      Facing 6:00 step forward right, step forward left  
&      Step forward right  
&8      Step forward left, ¼ turn left, stepping right-to-right side

**Restart dance stepping out left**

**RESTART: On wall 10 do the FIRST 8 counts plus the first 4& count on the next 8. So count to "12&" then restart, after lunge forward, rock recover back, rock recover, restart**

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