

Ain't No Man

32 Count – 4 wall - intermediate

32 count intro, start on word 'control'

Choreographed by Alan Haywood (UK) (February 2005)

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Choreographed to "Ain't No Man" by Dina Carroll from the So Close album – 120bpm

Alternative track – "We Really Shouldn't Be Doing This" by George Strait from the 50 Number Ones Album – 146bpm

Section 1

R Kick Ball step, hip bumps LRL, R Kick Ball step, hip bumps LRL

- 1&2 Kick right forward, step right next to left, step left forward
- 3&4 Bump hips diagonally forward LRL (weight ending on left)
- 5&6 Kick right forward, step right next to left, step left forward
- 7&8 Bump hips diagonally forward LRL (weight ending on left)

Section 2

Side, behind & heel & cross, 1/4 right, right back, left coaster

- 1-2 Step right to right side, cross step left behind right
- &3 Step right to right side, touch left heel diagonally forward
- &4 Step left next to right, cross step right over left
- 5-6 Make 1/4 turn right stepping left back (3 o'clock) step right back
- 7&8 Step left back, right back, step left forward

Section 3

R shuffle forward, cross full turn, right forward shuffle, left mambo

- 1&2 Step right forward, close left to it, step right forward
- 3-4 Cross step left over right, on ball of left pivot full turn right hitching right
- 5&6 Step right forward, close left to it, step right forward
- 7&8 Rock forward onto left, recover onto right, left back

Section 4

R back, 1/2 left, R forward shuffle, side rock, recover, behind and across

- 1-2 Step right back, pivot 1/2 left stepping left forward (9 o'clock)
- 3&4 Step right forward, close left to it, step right forward
- 5-6 Rock left to left side, recover weight onto right
- 7&8 Cross step left behind right, right to right side, cross step left over right

Sorry folks – but in order to keep the dance in phase nicely, one tag needed!

Tag

At the end of wall 4, facing 12 o'clock, add 16 count tag as follows:

2 x Monterey turn

- 1-2 Point right to right side, pivot 1/2 turn R, stepping right next to left
- 3-4 Point left to left side, step left next to right
- 5-6 Point right to right side, pivot 1/2 turn R, stepping right next to left
- 7-8 Point left to left side, step left next to right

Rock, recover, R back shuffle, rock back recover L forward shuffle

- 1-2 Rock forward right, recover left
- 3&4 Step right back, close left to it, step right back
- 5-6 Rock back left, recover weight onto right
- 7&8 Step left forward, close right to it, step left forward

END OF DANCE – ENJOY!

WHEN USING ALTERNATIVE MUSIC, NO TAG REQUIRED.

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