

Nothing But The Rent



32 Count – 2 wall – intermediate

Intro – 16 counts after drum beat – starting on the word ‘boy’ (29 seconds)

Choreographed by Alan Haywood (UK) (February 2010)

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Choreographed to “Ain’t Nothin’ Goin’ On But The Rent” by Gwen Guthrie (track length 3:27) - 108bpm

Downloads of track available from UK iTunes and Amazon (UK) or on the following albums: Best Disco In Town (Amazon £11.18 or cheaper), Soul Box Set, Girl’s Box Set, Now That’s What I Call Music – 1986, Gwen Guthrie – Ultimate Collection, Gwen Guthrie – Good To Go Lover (basically from lots of places!)

Section 1

Brush out out & L forward, touch R, & L heel forward, & R forward, L forward, ½ R

- 1&2 Brush right forward, step right out to right side, step left out to left side (shoulder width apart)
- &3-4 Step right next to left, step left forward (leaning forward), touch right next to left
- &5 Step back onto right, touch left heel diagonally forward
- &6 Step left next to right, step forward onto right
- 7-8 Step forward onto left, pivot ½ right (6 o’clock)

Section 2

L forward, lock R, & R diag lockstep, rock forward L, recover R, triple 1 ½ L

- 1-2 Step left forward diagonally left, lock right behind left
- &3&4 Step left next to right, step right diagonally right, lock left behind right, step right diagonally right
- 5-6 Rock forward onto left (square up), recover back onto right
- 7&8 Triple 1 ½ turns left stepping left right left (12 o’clock)

Alternative option for 7&8 – shuffle ½ turn left stepping left right left

Section 3

R forward, ½ L, hip bumps R L R, ¼ L shuffle, R forward, ¼ L

- 1-2 Step forward onto right, pivot ½ turn left (6 o’clock)
- 3&4 Stepping right forward bump hips right left right (travel slightly forward)
- 5&6 Step left ¼ left, close right next to left, step left forward (3 o’clock)
- 7-8 Step forward onto right, make ¼ turn left (weight left) (12 o’clock)

Section 4

Syncopated weave & heel dig, & L over, R side, ½ L, touch R

- 1&2 Cross step right over left, step left to left side, cross step right behind left
- &3 Step left to left side, cross step right over left,
- &4 Step left to left side, dig right heel diagonally right
- &5-6 Step right next to left, cross step left over right, step right to right side
- 7-8 Make a ½ turn left stepping left forward, touch right next to left (6 o’clock)

END OF DANCE – NO TAGS OR RESTARTS – YIPPEEEEE!