

Ain't No Fool

48 Count, 4 Wall, **Improver**

Choreographer: Justine Brown (UK) April 2011

Choreographed to: Giddy On Up by Laura Bell Bundy CD: Achin' and Shakin'

16 count intro from start of heavy beat

TOUCH RIGHT FORWARD HEEL SPLIT, TOUCH LEFT FORWARD HEEL SPLIT, MAMBO ROCK, COASTER CROSS

- 1 & 2 Touch Right Toe Forward, Swivel both Heels apart, Swivel heel both Heels together (taking weight on Right)
- 3 & 4 Touch Left Toe Forward, Swivel both Heels apart, Swivel both Heels together (taking weight on left)
- 5 & 6 Right Rock Forward, Recover Back onto Left, Step Right in Place.
- 7 & 8 Step Left Back, Step Right Beside, Cross Left over right.

ROCK SIDE, RECOVER, CROSS, TOUCH LEFT TO SIDE, BUMPING HIPS, CROSS ROCK, ¼ RIGHT, SHUFFLE FULL TURN

- 1 & 2 Rock Right to Right side, Recover side on left, Cross Right over Left.
- 3 & 4 Touch Left to side, Bump hips, Left, Right, Left (taking weight onto left).
- 5 & 6 Cross Rock Right over Left, Recover back onto left, Turn ¼ right stepping right forward (3:00)
- 7 & 8 Triple full turn Right, stepping Left, Right Left...

Option - Steps 7& 8 can be replaced with a forward shuffle

MAMBO ROCK, CROSS, BACK, SIDE, CROSS, COASTER STEP, WALK,

- 1 & 2 Rock Right Forward, Recover back on Left, Step Back on Right.
- 3 & 4 Cross Left over Right, step Back on Right, Step Left to Left side.
- 5 - 6 Cross Right over left, Step Back on Left.
- & 7 - 8 Step Right beside Left, Step Left Forward, Walk Right Forward.

STEP FORWARD, MONTEREY ½, STEP FORWARD, MONTEREY ½

- 1 - 2 Step Forward on Left, Point Right to side.
- 3 - 4 Turn ½ right onto right foot, Point Left to side (9:00)
- 5 - 6 Step Forward on Left, Point Right to side.
- 7 - 8 Turn ½ right into right foot, Point Left to side. (3:00)

SAMBA STEP, SAMBA STEP, FORWARD ROCK COASTER STEP

- 1 & 2 Cross Left forward over right, Rock Right to side, step Left in place.
- 3 & 4 Cross Right forward over Left, Rock Left to side, Step Right in place.
- 5 - 6 Rock Left Forward, Recover back onto right.
- 7 & 8 Step back on Left, Step Right Beside Left, Step Left Forward.

FORWARD ROCK, RECOVER, TURN ½, TURN ½, TURN ½, STEP, KICK BALL CHANGE.

- 1 - 2 Rock Right forward, Recover back onto Left.
- 3 - 4 Make ½ turn Right stepping forward Right, Make ½ turn Right stepping back Left.
- 5 - 6 Make ½ turn Right stepping forward Right, Step forward Left. (9:00)
- 7 & 8 Kick Right Forward, Step Right next to left, Step Left in place.

P T O

**TAGS: END OF 2ND WALL (FACING BACK 6:00) 12 COUNT TAG
FULL TURN – ROCKING CHAIR**

- 1 -2 Step Right Forward – Pivot $\frac{1}{4}$ turn
- 3-4 Step Right Forward – Pivot $\frac{1}{4}$ turn
- 5-6 Step Right Forward – Pivot $\frac{1}{4}$ turn
- 7-8 Step Right Forward – Pivot $\frac{1}{4}$ turn
- 9-10 Rock Right forward, Recover back on left
- 11-12 Rock Right Back – Recover forward onto Left

**END OF 4TH WALL (FACING FRONT 12:00) 4 COUNT TAG
ROCKING CHAIR**

- 1-2 Rock Right forward, Recover back on left
- 3-4 Rock Right Back – Recover forward onto Left

ENDING

Plus there is time at the end of the music after the Monterey turn to swing around to face front for a “strike a pose” ending..

Enjoy

