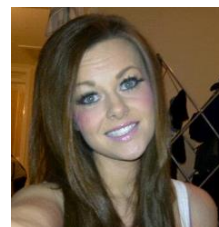


Ain't Leavin' Without You



Choreographed by Linda McCormack August 2013
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Description: A/B , 4 wall, High Intermediate (WCS) Non-Country.
Music: 'Ain't Leavin Without You' by Jaheim available on iTunes
Count in: 16 count intro.
Dance order: A, A, B, A, A, B, B, A to finish
Notes: Part A will always finish on the next wall in the 4 wall sequence.
Part B is 1 wall and will always finish on the same wall it begun.

Part A

- &1 - 8 R Knee pop out- in, L together, R Cross, ¼, together, walk R-L, R sugar push forward.**
- &1, 2 Twist R knee out to right side (&); twist R knee back in with weight remaining on RF (1); Step LF together next to RF (you will be slightly angled into L front diagonal);
- 3& 4 Cross RF over LF (3); ¼ turn R stepping back on the LF (to face 3 o'clock) (&); Step RF next to LF (4);
- 5, 6 Walk forward on the LF (5); Walk forward on the RF (6);
- 7& 8 Step LF in and behind RF taking the weight (7); replace weight back forward onto RF (&); then back again onto LF (8);
- &9 – 16 Steps out L-R, L together, R cross, hold and cross. R Behind, ¼ stepping forward on L, ¼ L bumps and sit.**
- &1 &2 Step RF out the R side (&); quickly following the LF stepping out to L side (feet should be shoulder width apart) (1); Step the RF together next to LF (&); quickly following the LF crossing over the RF (2);
- 3 &4 Hold (3); Step RF to R side (&); quickly following the LF crossing over the RF (weight should be on LF) (4);
- 5, 6 Step RF in place (which should be crossed behind LF) (5); ¼ turn L stepping forward on LF (to face 12' o'clock) (6);
- 7& 8 Turn another ¼ L (to face 9 o'clock) Lift RF bumping hips right and up (7); step RF to R side bringing hips back centre (&); Sit down and right into the R Hip (8);
- 17 – 24 Bump hips L-R-L-R, R forward, L together, swivel ½ turn L (on bent knees), diagonal drag steps back x2, R coaster step.**
- 1& 2& Bump hips L-R-L-R (weight even to finish) (1& 2&);
- 3& 4 ¼ turn stepping forward on the RF (to face 6 o'clock) (3); step LF together with RF (&); swivel ½ turn over L shoulder on both feet, with bent knee's so to dip the body slightly (4);
- &5 &6 Straight the knees whilst bringing ball of the RF together with LF (&); Step RF diagonally back to R (5); LF follows to meet (&); Step LF diagonally back to L (6); RF follows to meet (&);
- 7& 8 RF steps back (7); LF steps together next to RF (&); RF steps forward (8);
- 25 – 32 Syncopated rock steps L then R, R cross behind, ¼ forward on L, full 2 turn step to the L (finishing forward on LF)**
- 1, 2 Rock LF to L side (1); recover weight back to RF (2);

- &3, 4 Quickly step LF beside RF (&); rock RF out to R side (3); recover weight back onto LF (4);
- 5, 6 Cross RF behind LF (5); ¼ turn L stepping forward on the LF (6);
- 7, 8 Full two turn stepping back on the RF ½ turn over the L shoulder (to face 3 o'clock) (7); continue another ½ turn over the L shoulder stepping forward on the LF (to face 9 o'clock, ready to start next wall) (8);

Part B

- 1 - 8 Walks R-L, R heel, toe, R heel swivel, R step back, L behind and cross, unwind.**
- 1, 2 Walk forward R-L (1, 2);
- &3 &4 Swivel the R heel in (&); Swivel the R toe in (feet should be positioned together) (3); on the ball of the foot swivel the R heel out to the R side (&); recover RF back in place (4);
- &5 prep- bending the knees slightly (&); Step back on the RF dragging the LF behind (5);
- 6&7, 8 Cross LF behind the RF (6); Step RF to R side (&); Cross LF over the RF (7); unwind ½ turn over the R shoulder (weight even) (8);
- 9 – 16 R cross, L rock-recover, L cross, R rock- recover. R forward mambo, L touch back, half turn.**
- 1, 2& Cross RF over LF (1); rock LF out to L side (2); recover weight back onto RF (&);
- 3, 4& Cross LF over RF (3); rock RF out to R side (4); recover weight back onto LF (&);
- 5&6 Rock forward on RF (5); recover weight back onto LF (&); bring RF back together to meet LF (6);
- 7, 8 Touch L foot back (7); ½ turn over the L shoulder (taking weight forward onto the LF) (8) back to face original starting wall and ready to start part A again on &1