

AIN'T CHA GLAD

Choreo: Bob Paull 1075 Via Grande Cathedral City, CA 92234 (760) 328-3070 rpaul@dc.rr.com
Music: Grenn 14302 "Ain't Cha Glad" Rel: May 2009
Rhythm: Roundalab Two-Step Phase II+2 {Fishtail & Strolling Vine}
Footwork: Opposite directions to M {W's in parentheses}
Sequence: Intro A B A{1-8} C B A {9-16} End Time: 1:56 @45 rpm

INTRO

1 - 4 WAIT; WAIT; APART POINT; TOGETHER TOUCH; {SCP/LOD}
1-2 wait; wait;
3-4 bk L, -, pt R,-; tog R,-, tch L, -; {scp/lod}

PART A

1 - 4 2 FWD TWO STEPS;; SLOW OPEN VINE 4;;
1-2 fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
3-4 sd L, -, xRib, -; sd L, -, sRif, -;
5 - 8 BOX;; REVERSE BOX;;
5-6 sd L, cl R, fwd L, -; sd R, cl L, bk R, -;
7-8 sd L, cl R, bk L, -; sd R, cl L, fwd R, -; {scp/lod}
9 - 12 2 FWD TWO STEPS;; TWO TURNING {CP/LOD};;
9-10 fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
11-12 sd L, cl R, sd & bk L trng 1/2 rf, -; sd R, cl L, sd & fwd R trng 1/2 rf to cplod, -;
13 - 16 PROGRESSIVE SCISSORS CHECKING;; FISHTAIL; WALK FACE;
13-14 sd L, cl R, xLif to sdcar dlw, -; sd R, cl L, xRif to bjo lod checking fwd motion, -;
15-16 xLib of R trng body rf, sd R, fwd L, xRib L; fwd L, -, fwd R fc ptrn, -; cpwall

PART B

1 - 4 VINE 3; WRAP UP; UNWRAP; CHANGE SIDES;
1 - 2 sd L, xRib, sd L, tch R; in place R, L, R, -; (W twrl lf under ld hnds)
3 - 4 in plc L, R, tch L, (W unwrap rf) -; chg sides R, L, R, -; (W L, R, L, trn under trlng hnds, -;)
5 - 8 VINE 3; WRAP UP; UNWRAP; CHANGE SIDES;
5 - 8 repeat meas 1 thru 4 ending in bfly wall;;;

PART C {5 Count Rhythm}

1 - 4 STROLLING VINE;;;
1 - 2 sd L, -, xRib of L, -; sd L, cl R, sd & fwd L trn 1/2 lf to cp coh, -;
3 - 4 sd R, -, xLib of R, -; sd R, cl L, sd & fwd R trn 1/2 rf to cp wall, -;
5 - 8 TRAVELING DOORS;;; {SCP/LOD}
5-6 rk sd L,-, rec R,-; xLif, sd R, xLif,-;
7-8 rk sd R, -, rec L, -; xRif, sd L, xRif, -; {scp/lod}
9 - 12 WALK 2; HITCH 3; BACK UP 2; BACK HITCH 3;
9-10 fwd L, -, fwd R, -; fwd L, cl R, bk L, -;
11-12 bk R, -, bk L, -; bk R, cl L, fwd R, -;
13 - 16 CIRCLE AWAY 2, 2 STEP AWAY; CIRCLE TOGETHER 2, 2 STEP TOGETHER;
13-14 circle away to coh fwd L, -,R,-; fwd L, cl R, fwd L trng to face ptrn, -;
15-16 fwd R, -, L, -; fwd R, L, R, -; {bfly/wall}

END

1 - 2 TWIRL/VINE 2; SIDE CLOSE APART POINT;
1-2 fwd L, -, xRib (W sd R trng rf undr jnd ld hnds), -; sd L, cl R, bk L, pt R;