

AIN'T NO MYSTERY – MAN!!!

Choreographer: Alan G. Birchall

Level: Intermediate

Dance: Four Wall

Steps/Count: 32

Music: Ain't No Mystery – Smash Mouth **BPM:** 110

CD: Austin Powers – Goldmember Soundtrack

Preferred Dance Track** Alive – SClub BPM: 130 CD: Seeing Double**

Drive Me Wild – M People (Floor Split with - Drive Me Wild) Long Track This

Bring In The Noise – NSync BPM: 120 (Floor Split with - Hit Da Floor)

It's Gotta Be You – Backstreet Boys CD: Millennium BPM: 120

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Country Alternative: Cypress Grove - Groovegrass Boyz, **CD:** Groovegrass 101 **BPM:** 110

STEPS

HITCH ¼ TURN, TOUCH, HINGE TURNS, STEP, TOUCH, HIP BUMPS

- &1-2** Making ¼ Turn Left, Hitch Right Knee Across Left Leg, Step Right To Right (Facing 9'0' Clock)
3 Touch Left Toe Back (Body Will Be Angled To 5.30 and you will have turned slightly **Backwards**)
4 On Ball Of Right Turning **Right** (Forwards) Touch Left Toe Forward (Facing 9'0' Clock)
5 Transferring Weight to Left Pivot On Ball Of **Left** Make ½ Turn Right - Backwards (Facing 3'0' Clock)
6 Pivoting On Ball Of Right Make ¼ Turn Right (Facing 6 '0' Clock), Stepping Forward On Left
7&8 Touch Right Toe Forward To Right Diagonal, Bump Hips Right, Left, Right (Weight Ends To Right)

STEP, TOUCH'S x 3, FLICK TURN, STEP, 'TWIST' TURN, PRESS, HOLD, RECOVER

Note: On Steps &1 - &3 you will be travelling backwards slightly

- &1** Step **Back** On Right, Touch Left Toe Forward, Clicking Fingers (Body Will Be Angled To Right Weight On **Right**)
&2 Step **Back** On Left, Touch Right Toe Forward, Clicking Fingers (Body Will Be Angled To Left Weight On **Left**)
&3 Step **Back** On Right, Touch Left Toe Forward, Clicking Fingers (Body Will Be Angled To Right Weight On **Right**)
Alternative: Mash Potatoes backwards or whatever your comfy with!!!
&4 Flicking Left Heel Back Make ½ Turn Right (Facing 12'0' Clock), Step Forward On Left
5&6 Twisting Both Heels Left, Right, Left Make ¼ Turn Right (Weight Ends On **Left**, Facing 3 '0' Clock)
&7-8 Step/Press Right To Right, Hold, Recover On Left (Weight On Left) **Options: Body Roll or Sway**

SIDE, BEHIND, SIDE, CROSS, KICK, CROSS, COASTER STEP, ½ PIVOT

- 1-2** Step Right To Right, Cross Left Behind
&3-4 Step Right To Right, Cross Left Over Right, Kick Right Leg To Right Diagonal
5-6 Cross Right Over Left, Step Back On Left
&7-8 Step Right By Left, Step Forward On Left, ½ Pivot Right (Facing 9 '0' Clock)

STEP, STEP, TOE, HEEL, TOUCH, TOUCH, TOUCH, KNEE TWISTS

- 1-2** Step Right To Right, Step Left To Left
3&4 Tap Right Toe By Left Instep, Tap Right Heel By Right Instep, Touch Right To Right
Option: Tap Right Toe By Left Twice
5-6 Touch Right Toe Over Left, Touch Right Toe To Right
7-8 Turn Right Knee In To Left Leg, Turn Right Knee Out To Right

START AGAIN