

Ain't a Bad Life

Count: 32

Wall: 4

Level: Improver

Choreographer: Karen Makin (AUS) - August 2025

Music: Ain't A Bad Life (feat. Jordan Davis) - Thomas Rhett



***16 counts intro**

Restart 1-Wall 3 after count 8, facing 6:00

Restart 2-Wall 4 after count 16, facing 3:00

Run fwd R, L, R, Forward Mambo, Back Lock back, Coaster Step

- 1&2 Run fwd R, L, R
- 3&4. Rock forward on L , recover weight on R , step back on L
- 5&6 Step back on R, lock L in front of R, step back on R
- 7&8. Step back on L, step R beside L, step forward on L

Step pivot 1/2 turn Left step fwd on R, 1/4 turn Right cross Side behind side across, side rock touch

- 1&2. Step forward on R, 1/2 turn L stepping forward on R
- 3&4. Step forward on L pivot 1/4 turn R, step L over R
- 5&6& Step R to R side, step L behind R. step R to R side, cross L over R
- 7&8. Rock R out to R side, replace weight on L, touch R next to L

Right Dorothy Step, Left Dorothy Step, Rocking Chair, Jazz box 1/4 turn R

- 1-2&. Step R to R diagonal, lock L behind R, step R to R diagonal
- 3-4&. Step L to L diagonal, lock R behind L, step L to L diagonal
- 5&6& Rock fwd on R, step back on L, step back on R, replace weight on L
- 7&8. Step R over L, 1/4 turn R stepping back on L, step R to R side

Heel Jacks Right & Left Rocking Chair, Pivot 1/4 turn Right, Step forward

- 1&2&. Cross L over R , step R to R side, Touch L heel to L diagonal, Step L next to R
- 3&4&. Cross R over L , step L to L side, touch R heel to R diagonal, Step R next to L
- 5&6&. Rock fwd L, recover weight on R, Rock back on L, recover weight on R
- 7&8. Step fwd on L pivot 1/4 turn R , step fwd on L

Start again

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Thankyou to all my lovely friends for fine tuning the end result. It does take a village. ♥