

Ain't Your Mama

music: Ain't Your Mama (album: Ain't Your Mama) **level:** EZ-INT
artist: Jennifer Lopez
choreo: Bianca Behrens (Bianca@clogging.de) **time:** 3:38 min
taught at: Autumn Jubilee 2016 (Kelkheim) **speed:** 120 bpm

sequence: A B C D A B C D A B Break D* A A B B* END

Wait 8 beats, left food lead

Part A (32 beats)

Fancy Kick DS DS RS KK UP/H DS DS DS RS (move left on Triple)
& Triple L R LR L L R L R L RL
&1 &2 &3 & 4 &5 &6 &7 &8

Repeat Fancy Kick & Triple opposite footwork & direction

Basketball Turn S(if) PVT(1/2R) S DS RS
& Basic L R L RL
1 2 &3 &4

Repeat Basketball Turn & Basic opposite footwork & direction

Fancy Kick DS DS RS KK UP/H DS DS RS RS
& Fancy Dbl. L R LR L L R L R LR LR
&1 &2 &3 & 4 &5 &6 &7 &8

Part B (16 beats)

March 6 STO STO STO STO STO STO armmovement #1 (Arms #1: R fist up)
& Arms L R L R L R
1 2 3 4 5 6 7 8

Repeat "March 6" and add "armmovement #2" on beat 7 & 8:

Arms #2 lean slightly back/point R with R hand circle to the front
7 & 8

Part B* (16 beats)

March 6 and add armmovement #3 "move your R hand" on beat 7 & 8 like this (elbow is bend the whole time):

Arms #3 to L shoulder to R shoulder up down
& 7 & 8

March 6 and add armmovement #4 on beat 7 & 8 like this:

Arms #4 thow your head back (while your hands are near your ears) back to normal
7 8

Part C (32 beats)

Stomp Dbl. STO DS DS RS DS DS(xif) DT BA(heels R) BA(heels L) H(1/4L)
& Twister L R L RL R L R both both R
1 &2 &3 &4 &5 &6 & 7 & 8

Repeat "Stomp Double & Twister (1/4L)" 3 times in a box

Part D (32 beats)

2 Turning Vine DS DS(xif) DS DS DS DS DS RS (full turn R on beat 4-6)
L R L R L R L RL
R L R L R L R LR (full turn L on beat 4-6)
&1 &2 &3 &4 &5 &6 &7 &8

Cowboy DS DS DS BR UP/H DS(xif) RS RS RS (move fwd on beat 1-3),
L R L R R L R LR LR LR (move back on beat 6-8)
&1 &2 &3 & 4 &5 &6 &7 &8

Step-Dbl.Steps S DS S DS STO DT UP/H DS RS (right fist up on beat 8)
& Mtn.Basic L R L R L R R L R LR
1 &2 3 &4 5 & 6 &7 &8

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Part D* (32 beats)

Like Part D but do S instead of DS on "2 Turning Vine & Cowboy"

Break (16 beats)

Jazz Box*	S	S(xif)	S(ib)	S(ots)	S(xif)	S(ib)	S(ots)	S
Long & Slow	L	R	L	R	L	R	L	R
	1	3	5	7	9	11	13	15

Ending (1 beat)

Step & "Pose"	S/Pose***	*** throw your hair back with R hand/L hand on hip
	L	
	1	

sequence: **A B C D A B C D A B Break D* A A B B* END**

v: 03.10.2016

Ain't Your Mama (Jennifer Lopez)		EZ-INT
Bianca Behrens		120 bpm
(V: 03.10.2016) wait 8 beats		3:38
A	2x [Fancy KK - Triple (move L/R)] (of) - 2x [Basketball & Basic] (of) - Fancy KK - Fancy Dbl.	
B	2x [March 6 & Armmovement (2 beats)]	
C	4x [Stomp Dbl. - Twister (1/4L)]	
D	2 Turning Vine - Cowboy - S-DSs (S DS S DS) - Mountain Basic (arm on 8)	
A	2x [Fancy KK - Triple (move L/R)] (of) - 2x [Basketball & Basic] (of) - Fancy KK - Fancy Dbl.	
B	2x [March 6 & Armmovement (2 beats)]	
C	4x [Stomp Dbl. - Twister (1/4L)]	
D	2 Turning Vine - Cowboy - S-DSs (S DS S DS) - Mountain Basic (arm on 8)	
A	2x [Fancy KK - Triple (move L/R)] (of) - 2x [Basketball & Basic] (of) - Fancy KK - Fancy Dbl.	
B	2x [March 6 & Armmovement (2 beats)]	
BR	Jazzbox Long & Slow (in 16 beats)	
D*	2 Turning Vine - Cowboy - S-DSs (S DS S DS) - Mountain Basic (arm on 8) <i>*(2 Turning Vine & Cowboy with S instead of DS)</i>	
A	2x [Fancy KK - Triple (move L/R)] (of) - 2x [Basketball & Basic] (of) - Fancy KK - Fancy Dbl.	
A	2x [Fancy KK - Triple (move L/R)] (of) - 2x [Basketball & Basic] (of) - Fancy KK - Fancy Dbl.	
B	2x [March 6 & Armmovement (2 beats)]	
B*	2x [March 6 & Armmovement (2 beats)] <i>*(different armmovements)</i>	
End	Throw your hair back & pose ("strong woman")	