

Ain't Been Good

Whistles

- Prep Tweet (pause)
- Prep Tweet (pause)
- Tweet, tweet, tweet (instruments come up), tweet (no movement)

Dance Moves

A. Heel/Lean Move

- 12 counts alternating heels (with lean) on off beats (start with left)
- 4 counts Grunt/Lean
 - Count 1 - feet together, at attention
 - Count 2 - Grunt (those that are not playing) an ALL lean back
 - Count 3 - up, back at attention
 - Count 4 - Chair up with left foot

B. Forward March Kick move

- FM 3, kick on count 4 with right foot
- BkwrDM 3 (starting with right foot you just kicked), bounce on count 4 with left
- {Repeat above for another set}

C. Grapevine move to the left starting with left foot that just bounced

- Left step, right step behind (with a dip), left step, right kick
- Right step, left step behind (with a dip), right step, left kick
- {Repeat for another set}

D. Instrument "V" move (fits with music)

- Spread stomp with left foot after kick above
- "V" your instrument left, then right, then pause & hold (with the music)
- {Repeat another time}

E. Bow (fits with music)

- Sudden bow at waist with music on count 1
- Come up, staggered with the off beats (starting with the & of 1)
Count 6-8 Lean back while playing

F. Drum Break

- Getting Instruments Down (key words to be shouted)
 - Count 1 - UP (body come up out of lean & horn down, and left foot slide to attention)
 - Count 2 - REACH (reach instrument up to sky in most convenient hand- most is right)
 - Count 3 - WAIST (bring instrument back down to waist)
 - Count 4 - SQUAT (all band squats down)
 - Count 5 - GROUND (instruments are placed on the ground up ahead where reachable. but won't step on)
 - Count 6 - UP (all band stands up)
 - Count 7 - REST (stand at attention...and waiting for the rest of us to stand! HA!)
 - Count 8 - CHAIR (everyone chairs up with their left foot)

- Jump Kick Move
 - FM 3, switch jump kick with left on count 4
 - **Bkwr dM 3** (starting with left foot you just kicked), together on count 4

- The MONKEY Move
 - Splitting the "50" 4 band goes to the right, and $\frac{1}{2}$ to the left (both away from the 50)
 - Like Space Invaders, the arms are bent at a 90 degree angle and raised shoulder height.
 - Counts 1-4: While raising arms, the members are side-stepping with a dip in knees away from the 50 (and SCREAMING)
 - Counts 5-8: same maneuver, but moving back toward the 50 and their original spots still screaming.

- Getting Instruments Back Up (key words to be shouted)
 - Count 1 - SQUAT (all band squats down)
 - Count 2 - GROUND (reach for instrument and secure)
 - Count 3 - STAND (all band stands up at attention)
 - Count 4 - REACH (reach instrument up to sky in most convenient hand- most is right)
 - Count 5 - WAIST (bring instrument back down to waist)
 - Count 6 - INSTRUMENT (all band get ready for instrument's up)
 - Count 7 - UP (all instruments come up)
 - Count 8 - REST (no one moves...catch breath, and get ready for repeating from beginning)

Repeat dance moves A-E

- On the last lean in E, continue to lean following Mr. Huffman's cued beats
- Continue to lean on the held note, and on the "Instrument bown" cue from Mr. **Huffman**, the band leans up on count 1, and drops instrument on count 2. ("AND, DOWN" words used).

Song over
