



# 'TAIN'T NO SIN

(To Take Off your Skin and Dance Around in Your Bones)

<b>Choreographers:</b>	<b>Music:</b> CD or Cassette 'Perfessor' Bill Sings Volume 3, Track 4, <a href="http://www.perfessorbill.com/albums/pbrec2.shtml">http://www.perfessorbill.com/albums/pbrec2.shtml</a>
Annette & Frank Woodruff	<b>Footwork:</b> Opposite except where indicated ( <i>W's footwork in parentheses</i> )
Rue du Camp, 87	<b>Rhythm:</b> Two Step
7034 Mons, Belgium	<b>Phase:</b> II+1 (Fishtail)
Tel: 00 32 65 73 19 40	<b>Release date:</b> October 2007
Fax: 00 32 65 73 19 41	<b>Time &amp; Speed:</b> slowed 3% & shortened to 3:30
E-mail: <a href="mailto:anfrank@skynet.be">anfrank@skynet.be</a>	<b>Sequence:</b> Intro – ABCDE – AB - C(1-15) - Ending

## INTRODUCTION

1 - 2	<b>Wait;;</b>	OP FCG WALL wt 2 meas;;
3	<b>Apart Point;</b>	Apt L, -, pt R twd ptr, -;
4	<b>Together Touch to SCP LOD;</b>	Tog R to SCP LOD, -, tch L, -;
5 - 6	<b>2 Forward Twos;;</b>	Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
7	<b>Twirl 2;</b>	Raising jnd ld hnds fwd L, -, fwd R ( <i>W twrl RF under hnds R, -, L</i> ), -;
8	<b>Walk 2 to SCP;</b>	Fwd L, -, fwd R to SCP LOD, -;

## PART A

1 - 2	<b>2 Forward Twos;;</b>	Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
3	<b>Limp;</b>	Blendg to CP WALL sd L, XRib bendg both knees, sd L w/ straight legs, XRib bendg both knees;
4	<b>Walk 2;</b>	Blendg to SCP LOD fwd L, -, fwd R, -;
5 - 6	<b>Vine Apart &amp; Together to OP;;</b>	Twd COH ( <i>W twd WALL</i> ) sd L, XRib ( <i>W Xib</i> ), sd L, -; twd ptr sd R, XLib ( <i>W Xib</i> ), sd R to OP LOD, -; [clapping hands encouraged at end of Vine Apart]
7 - 8	<b>Double Hitch;;</b>	Fwd L, cl R, bk L, -; bk R, cl L, fwd R, -;
9 - 10	<b>2 Forward Twos;;</b>	Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
11	<b>2 Forward Locks;</b>	Fwd L, lk Rib, fwd L, lk Rib;
12	<b>Walk 2;</b>	Fwd L, -, fwd R, -;
13 - 14	<b>Vine Apt &amp; Tog to OP;;</b>	Rpt meas 5-6 Part A;;
15 - 16	<b>Strut 4;;</b>	Fwd L trng upper bdy sltly LF, -, fwd R trng upper bdy sltly RF, -; rpt meas 15 Part A;

## PART B

1 - 4	<b>Face to Face &amp; Back to Back 2x;;;</b>	Sd R, cl L, sd & fwd R trng RF 3/8 to V-BK-TO-BK, -; sd R, cl L, sd R trng RF 3/8 to BFLY, -; sd R, cl L, sd & fwd R trng RF 3/8 to V-BK-TO-BK, -; sd R, cl L, sd R trng RF 1/8 to OP LOD, -;
5 - 6	<b>Basket Ball Turn to OP;;</b>	Fwd L w/ lun action trng ¼ RF, -, rec R trng ¼ RF to SD-BY-SD RLOD, -; fwd L w/ lun action trng ¼ RF, -, rec R trng ¼ RF to OP LOD, -;
7	<b>Scoot;</b>	Fwd L, cl R, fwd L, cl R;
8	<b>Walk 2;</b>	Fwd L, -, fwd R, -;
9 - 12	<b>Face to Face &amp; Back to Back 2x;;;</b>	Rpt meas 1-8 Part B;;;
13 - 14	<b>Basket Ball Turn to OP;;</b>	
15	<b>Scoot;</b>	
16	<b>Walk 2;</b>	

## PART C

1 - 4	<b>Lace Up to BFLY;;;</b>	Jn ld hnds & travg twd DLW bhd & arnd W fwd L, cl R, fwd L ( <i>W twd DLC undr jnd ld hnds</i> ) to LOP LOD, -; fwd R, cl L, fwd R, -; jn trl hnds & travg twd DLC bhd & arnd W fwd L, cl R, fwd L ( <i>W twd DLW undr jnd trl hnds</i> ), -; twd LOD fwd R, cl L, fwd R trng to BFLY WALL,-;
5	<b>Side-2-Step;</b>	Sd L, cl R, sd L, -;
6	<b>Behind Side Thru;</b>	XRib ( <i>W XLib</i> ), sd L, thru R,-;
7	<b>Side-2-Step;</b>	Sd L, cl R, sd L, -;
8	<b>Behind Side Close;</b>	XRib ( <i>W XLib</i> ), sd L, cl R,-;
9 - 12	<b>Face to Face &amp; Back to Back 2x;;;</b>	Rpt meas 1-7 Part B;;;
13 - 14	<b>Basket Ball Turn to OP;;</b>	
15	<b>Scoot;</b>	
16	<b>Walk &amp; Pick Up;</b>	

**PART D**

1 - 2	<b>2 Forward Twos;;</b>	Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
3 - 4	<b>Progressive Scissors to SCAR &amp; BJO Checking;;</b>	Sd L, cl R, XLif ( <i>W Xib</i> ) to SCAR DLW, -; sd R, cl L, XRif( <i>W Xib</i> ) to BJO DLC ckg momentum,-;
5	<b>Fishtail;</b>	XLib w/ slt LF trn, sd R trng RF, fwd L w/ L shldr ldg, lk Rib to BJO DLW;
6	<b>Walk &amp; Face;</b>	Fwd L, -, trng RF to fc ptr fwd R, -;
7 - 8	<b>2 Turning Twos to face LOD;;</b>	Sd L stg RF trn, cl R contg RF trn, bk L compg ½ RF trn, -; sd R contg RF trn, cl L, fwd R compg ¼ RF trn to CP LOD, -;
9 - 12	<b>Traveling Scissors Checking;;;;</b>	Sd L, cl R, XLif to SCAR DLW, -; fwd R, -, fwd L, -; sd R, cl L, XRif to BJO DLC, -; fwd L, -, fwd R ckg momentum, -; [Prog Scis to SCAR; wlk 2; prog scis to BJO; wlk 2]
13	<b>Fishtail;</b>	Rpt meas 5 Part D;
14	<b>Walk &amp; Face;</b>	Fwd L, -, trng RF to fc ptr fwd R, -;
15 - 16	<b>2 Turning Twos to face WALL;;</b>	Sd L stg RF trn, cl R contg RF trn, bk L compg ½ RF trn, -; sd R contg RF trn, cl L, fwd R pvtg to fc WALL, -;

**PART E**

1	<b>½ Box;</b>	Sd L, cl R, fwd L, -;
2	<b>Scissor Thru;</b>	Sd R, cl L, XRif ( <i>W Xif</i> ) to SCP LOD, -;
3	<b>Cut Back 2x;</b>	XLif ( <i>W Xif</i> ), bk R, XLif, bk R;
4	<b>Back Side Thru Checking;</b>	Bk L trng RF & relg trl hnds, sd R contg RF trn, thru L to LOP RLOD ckg,-;
5	<b>Back Side Thru;</b>	Bk R trng LF, sd L contg LF trn, thru R to SCP LOD, -;
6	<b>Cut Back 2x;</b>	XLif ( <i>W Xif</i> ), bk R, XLif, bk R;
7	<b>Dip Back &amp; Recover;</b>	Rk bk L lowering into soft knee, - , rec R, -;
8	<b>Walk &amp; Pick Up;</b>	Fwd L, -, fwd R ldg W to CP LOD ( <i>W fwd L trng LF to fold in frt of M</i> ), -;
9 - 12	<b>Traveling Scissors Checking;;;;</b>	Rpt meas 9-16 Part D but immediately blend to SCP LOD;;;;
13	<b>Fishtail;</b>	
14	<b>Walk &amp; Face;</b>	
15 - 16	<b>2 Turning Twos to SCP LOD;;</b>	

**ENDING**

1	<b>Walk 2;</b>	In SCP LOD fwd L, -, fwd R, -;
2 - 3	<b>Basket Ball Turn to OP;;</b>	Rpt meas 5-8 Part B;;
4	<b>Scoot;</b>	
5	<b>Walk 2;</b>	
6 - 7	<b>Open Vine 4 to BFLY;;</b>	Trng to fc ptr sd L, -, XRif ( <i>W Xib</i> ) trng to LOP RLOD, -; sd L to fc, -, XRif to BFLY WALL, -;
8	<b>2 Side Closes;</b>	Sd L, cl R, sd L, cl R;
9	<b>Apart Point</b>	Apt L, -, pt R, -;

Our thanks to Bill Bingham for bringing this music to our attention.



A native of Southern California, **Bill Edwards** discovered ragtime when he was six years old, and hasn't been able to leave it alone since. He started his professional career in California in the late 1970s then resided in Durango, CO, through the first half of the 1980s, where he took up residence at the Diamond Belle Saloon at the Strater Hotel. He has lived in Virginia since 1986. For many years Bill was a featured entertainer at the Fish Market in Alexandria. Since 1996, Bill has been applying his passion for the music on his website and attending ragtime festivals and competitions, particularly the World Championship of Old-Time Piano in Illinois, where he holds the 1991 title and has consistently finished in the top five since his initial appearance there in 1987. He has 30 different CD titles available for your enjoyment.

Dancing may do this and that,  
 And help you take off lots of fat  
 But I'm no friend of dancing when it's  
 hot!  
 So if you are a dancing fool,  
 Who loves to dance but can't keep cool  
 Bear in mind the idea that I've got.  
 When it gets too hot for comfort,  
 And you can't get ice-cream cones,

'Tain't No Sin, to take off your skin,  
 And dance around in your bones.  
 When the lazy syncopation of the music  
 softly moans,  
 'Tain't No Sin, to take off your skin,  
 And dance around in your bones.  
 The Polar Bears aren't green up in  
 Greenland,  
 They've got the right idea.

They think it's great to refrigerate  
 While we all cremate down here.  
 Just be like those Bamboo Babies,  
 In the South Sea tropic zones,  
 'Tain't No Sin to take off your skin,  
 And dance around in your bones.