

# Ain't No Thing (ESP 1111) Elmer Sheffield, Jr.

---

## OPENER - MIDDLE BREAK Basic, unknown progression

Well **four little ladies chain**, you turn that girl  
**Rollaway** and **circle** round the world  
You **rollaway** and **circle left**  
**Left allemande**, then **weave the ring**  
Ain't no thing, ain't no thing  
You say you're leaving like a long freight train  
Ain't like I never been here before  
I'm just here again

## FIGURE Mainstream, unknown progression

Well the **heads (sides) square thru four** hands you go  
Round the corner lady **dosado**  
**Swing thru** and then, you're gonna **swing thru** again  
**Girls, you run** and then you **tag the line**  
Men, you **zoom** the **girls turn back**  
**Star thru** and then **wrong way promenade**  
And if I ever cry at all  
That will be a crying shame

## TAG

**Swing** her  
You know the sky ain't gonna fall  
Girl you know that ain't no thing