

# Ain't Livin'

**COPPER** **NOB**  
BY STEPHEN BATES

拍數: 32      牆數: 4      級數: Improver  
編舞者: Rob McKean (CAN) - November 2016  
音樂: I Ain't Living Long Like This - Rodney Crowell



## Twists and Clap

1-4      Twist heels to right, twist toes to right, twist heels to right, clap  
5-8      Twist heels to left, twist toes to left, twist heels to left, clap

## Step, Scuff, Step, Scuff, Right Scissor, Hold

9-12      Step forward on R, scuff L forward, step forward on L, scuff R forward  
13-16      Step side right on R, step together on L, cross R over L, hold

(Replace "hold" on count 16 with a step together on the L and Restart the dance at the beginning on 4th and 10th repetition.)

## Side Step, Cross Behind, ¼ Turn Left, Scuff Right

17-20      Step side left on L, cross R behind L, step forward on left making a ¼ turn left, scuff R forward.

## Full Turn Left, Hold

21-24      Step forward on R making a ¼ turn L, step back on L making a 1/2 turn L, step forward on R making a ¼ turn L, hold

## Side Step, ¼ Turn, Step, Touch

25-28      Step side left on L, step together on R making a ¼ turn right, step forward on L, touch R toe beside L

## ¼ Monterey

29-32      Touch R toe to right side, make a ¼ turn L on left and step down on R, touch L toe to left, step together on L

**Restarts: There are 2 Restarts. One during the 4th and 10th repetitions of the dance**

**Both occur after the 16th step. You have to replace the "hold" on count 16 with a step together on the L, and start the dance again from the beginning**

**You will be facing the 9:00 o'clock wall for the Restart on wall 4, and the 12:00 o'clock wall for the Restart on wall 10.**