

# Ain't For The Faint

COPPER KNOB  
BY SHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Pete Harkness (UK)  
音樂: Lot of Leavin' Left to Do - Dierks Bentley



## ROCK RECOVER, ¼ SHUFFLE, STEP, PIVOT, FULL RIGHT TURN

- 1-2-3&4      Rock forward on right, recover on left, step right ¼ right & step left beside right, step forward on right  
5-6-7-8      Step forward on left, ½ pivot right, ½ turn stepping back on left, ½ turn stepping forward on right

## ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, ¼ SHUFFLE

- 1-2-3&4      Rock forward on left, recover on right, step back on left & step right beside left, step forward on left  
5-6-7&8      Rock forward on right, recover on left, ¼ shuffle to right as you step right left right (12:00)

## SIDE, TOUCH, ROCK, RECOVER, ¼ TURN, HOLD, STEP ¼ TURN

- 1-2-3&4      Rock forward on left, recover on right, step left ¼ left & step right beside left, step forward on left  
5-6-7-8      Step forward on right, ½ pivot left, ½ turn stepping back on right, ½ turn stepping forward on left

## ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, ¼ SHUFFLE

- 1-2-3&4      Rock forward on right, recover on left, step back on right & step left beside right, step forward on right  
5-6-7&8      Rock forward on left, recover on right, ¼ shuffle to left as you step left right left (12:00)

## CROSS, SIDE, SAILOR STEP, CROSS SIDE, SHUFFLE ½ TURN

- 1-2-3&4      Cross right over left, step left to side, step right behind left & step left to side, step right in place  
5-6-7&8      Cross left over right, step right to side, make a ½ turn to left as you shuffle left right left

## CROSS, SIDE, HEELBALL CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE

- 1-2-3&4      Cross right over left, step left to side, dig right heel in front & step left beside right, cross left over right  
5-6&7-8      Step right to side, step left behind right & step right to side, cross left over right, step right to side

## COASTER TURN, SHUFFLE, ROCK, RECOVER, ¾ TRIPLE TURN

- 1&2-3&4      Make a ¼ turn left as coaster step left right left, shuffle forward right left right  
5-6-7&8      Rock forward on left, recover on right, ¾ turn to left as you triple step left right left (6:00)

## SIDE ROCK, CROSS TWICE, ¼ TURN, SIDE STEP

- 1-2-3      Rock right to side, recover on left, cross right over left  
4-5-6      Rock left to side, recover on right, cross left over right  
7-8      ¼ turn to left stepping back on right, step left to side

## REPEAT