Ain't Worth The Tears

Count: 32

Level: Easy Improver

Choreographer: LD Crazy Mike (SWE) & Micaela Svensson Erlandsson (SWE) - February 2017 Music: Ain't Worth the Tears - Liv Marit Wedvik



Section 1: Step. Swivel Heels R . Coaster Step. Step Forward Swivel Heels L. Coaster Step	
1&2	Step right foot forward, swivel both heels to the right side and back to center
3&4	Step back on right foot, step Left beside right, Step forward on right foot
5&6	Step Left Foot forward, Swivel both heels to the left side, and back to center
7&8	Step back on left Foot, step right foot beside Left , Step forward on left foot
Section 2:□Step. Turn L ¼. Cross . Point. Touch. Point. Behind. Side. Cross. Step R Diagonal ,Knee Pop	
1&2	Step forward on R, turn a ¼ over your left shoulder , Cross R foot over L
3&4	Point L to Left side, Touch Left next to Right, Point L to Left Side
5&6	Cross left behind Right, step Right Foot to the side, Cross Left foot in front of Right
7&8	Step Right Forward on Right Diagonal , Pop both knees and back
Section 3:□Coaster Step. □Kick Ball Step. Mambo Step. Sailor ¼ Turn	
1&2	Step back on right. Step left beside right. Turn a 1/8 over Left shoulder and Step forward on right
3&4	Kick left forward. Step left in place. Step right in place.
5&6	Rock forward on Left. Recover onto Right. Step back on Left.
Tag & Restart here: On wall 3 (facing 9 o'clock) and wall 7 (facing 12 o'clock)	
7&8	Sweep right stepping right behind left. Step left in place. Step right in place.
Section 4: Step. ½ Turn right. Step. Triple Full Turn forward. Toe Switches. Step. Scuff.	
1&2	Step forward on left. Turn ½ right. Step forward on left.
3&4	Make a triple full turn forward over the left shoulder, stepping right, left, right.
5&6&	Touch left toes forward. Step left in place. Touch right toes forward. Step right in place
7-8	Step forward on left. Scuff right foot forward.

Tag: Replace the Sailor ¼ Turn Section 3, on wall 3 (facing 9 o'clock) & wall 7 (facing 12 o'clock) with a Right Back Rock and start over.





Wall: 4