

Ain't Livin'

Count: 32

Wall: 4

Level: Improver

Choreographer: Rob McKean (CAN) - November 2016

Music: 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.