

Ain't For The Faint

COPPER KNOB
STEPSHEETS

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