

Ain't For The Faint

64 count, 4 wall, intermediate level

Choreographer: Pete Harkness

Choreographed to: Lot Of Leavin' Left To Do by Dierks Bentley, CD: Modern Day Drifter (144 bpm)

32 count intro

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 o'clock)

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

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 o'clock)

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'oclock)

SIDE ROCK, CROSS X 2, 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 1/4 turn to left stepping back on right , step left to side