

AIN'T FOR THE FAINT

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Count: 64

Wall: 4

Level: intermediate

Choreographer: Pete Harkness

Music: Lot Of Leavin' Left To Do by Dierks Bentley

ROCK RECOVER, $\frac{1}{4}$ SHUFFLE, STEP, PIVOT, FULL RIGHT TURN

1-2-3&4 Rock forward on right, recover on left, step right $\frac{1}{4}$ right & step left beside right, step forward on right

5-6-7-8 Step forward on left, $\frac{1}{2}$ pivot right, $\frac{1}{2}$ turn stepping back on left, $\frac{1}{2}$ turn stepping forward on right

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, $\frac{1}{4}$ 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, $\frac{1}{4}$ shuffle to right as you step right left right (12:00)

SIDE, TOUCH, ROCK, RECOVER, $\frac{1}{4}$ TURN, HOLD, STEP $\frac{1}{4}$ TURN

1-2-3&4 Rock forward on left, recover on right, step left $\frac{1}{4}$ left & step right beside left, step forward on left

5-6-7-8 Step forward on right, $\frac{1}{2}$ pivot left, $\frac{1}{2}$ turn stepping back on right, $\frac{1}{2}$ turn stepping forward on left

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, $\frac{1}{4}$ 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, $\frac{1}{4}$ shuffle to left as you step left right left (12:00)

CROSS, SIDE, SAILOR STEP, CROSS SIDE, SHUFFLE $\frac{1}{2}$ 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 $\frac{1}{2}$ turn to left as you shuffle left right left

CROSS, SIDE, HEEBALL 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, $\frac{3}{4}$ TRIPLE TURN

1&2-3&4 Make a $\frac{1}{4}$ turn left as coaster step left right left, shuffle forward right left right

5-6-7&8 Rock forward on left, recover on right, $\frac{3}{4}$ turn to left as you triple step left right left (6:00)

SIDE ROCK, CROSS TWICE, $\frac{1}{4}$ 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 $\frac{1}{4}$ turn to left stepping back on right, step left to side

REPEAT