

# East Coast Squeeze

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Charlotte Williams (USA)

Musik: Squeeze Me In - Garth Brooks & Trisha Yearwood



## UNSYNCPATED TRIPLES WITH TOE TAPS

- 1-4 Step right to right, step left beside right, step right to right, tap left toe forward at left angle  
5-8 Step left to left, step right beside left, step left to left, tap right toe forward at right angle

## TURN ONE-FOURTH, HOLD, TURN ONE-HALF, HOLD, ROCK BACK AND FORWARD, HOLD

- 1-4 Step right to right, turning one-fourth ( $\frac{1}{4}$ ) to right, hold, turn one-half ( $\frac{1}{2}$ ) to right, stepping back on left, hold  
5-8 Step (rock) back on right, step left in place (recover), step (rock) forward on right, hold

## STEP, LOCK, STEP, HOLD, TOE, HEEL, STEP SLIDE

- 1-4 Step forward on left, step right behind left (lock), step forward on left, hold  
5-6 Touch right toe to left instep, touch right heel to left instep  
7-8 Long step right to right, slide left next to right (weight remains on right)

## OUT-OUT TOE/HEEL STRUTS; IN-IN STEPPING BACK, STEP BACK, TOUCH

- 1-4 Step out on ball of left (slightly forward), pushing left hip forward at left diagonal, lower left heel; step out on ball of right (slightly forward), pushing right hip forward at right diagonal, lower right heel  
5-8 Step in and back on left, step in and back on right, step left back, touch right next to left (with attitude: use a lot of hip and shoulder movement)

Optional hand movements: when stepping left out, touch right hand to left shoulder, when stepping right out, touch left hand to right shoulder, and hug ("squeeze") yourself as you move back

## REPEAT

## TAG

Only for Garth Brooks' song, "Squeeze Me In":

- 1-2 Step right out toe-heel  
3-4 Step left out toe-heel

This tag is done one time at the beginning of the 4th sequence (facing 3:00 wall.)