

Take A Bite

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK)

Music: Forbidden Fruit - Jessica Simpson



1-8 R forward, L
kick-bump-flick,
L sailor step, $\frac{1}{4}$
R sweep into R
rock back &
recover
1-2 Step R
forward, kick L
forward on L
diagonal
3-4 Stepping L
to L side bump
hips L,
switching weight
on R foot flick L
to L side
5&6 Cross step
L behind R, step
R to R side,
step L to L
7-8 Turning $\frac{1}{4}$ R
rock R back,
recover weight
on L

9-16 R forward
rock & recover,
R together, L
forward, $\frac{1}{2}$ R
pivot turn, L
forward rock &
recover, L
together, $\frac{1}{4}$ R
heel grind
1-2 Rock R
forward, recover
weight on L
& Step R
together
3-4 Step L
forward, pivot $\frac{1}{2}$
R
5-6 Rock L
forward, recover
weight on R
& Step L
together

7-8 Touch R
heel to R side
turning, grind R
heel right
turning $\frac{1}{4}$ R
(weight remains
on L)

**&17-24 R back,
L heel forward,
hold, R heel
jack, R ball
cross, R heel up
& down, L
forward, R
touch behind**

&1-2 Step R
back, touch L
heel forward,
hold

&3 Step L back,
cross step R
over L

&4 Step L to L,
touch R heel
forward

&5 Step R to R,
cross step L
over R

&6 Raise R
heel, press R
heel down with
weight ending
on R

7-8 Step L
forward, touch
R behind L

**25-32 $\frac{1}{4}$ R
back, $\frac{1}{4}$ L & L
forward, R
forward, $\frac{1}{2}$ L
pivot turn, R
together, L
syncopated
vine**

1-2 Turning $\frac{1}{4}$ R
step R back,
turning $\frac{1}{4}$ L step
L forward

3&4 Step R
forward, pivot $\frac{1}{2}$
L, step R
together

5 Step L to L

6& Cross step R
behind L,
turning $\frac{1}{4}$ L step
L forward

7-8 Step R
forward, step L
slightly forward

Restart 1:

Facing R side
wall the first
time around.
Dance the first 8
counts of the
dance which will
take you to the
back wall. Add
the following 2
COUNTS ?
Step R forward,
pivot $\frac{1}{2}$ L (this
takes you to the
front wall). Start
the dance
again.

Restart 2:

4 walls later
after the first
restart you will
be facing the
front wall.
Dance the first
18 counts of the
dance which will
take you to the
front wall. Add
the following 2
COUNTS ?
&1-2: Step L
back, touch R
together, hold.
Now restart the
dance.

**Dance ends
facing front wall.**
