

One Bad Trip

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Lynne Martino (USA) - September 2014

Music: Hell and Back - Big-B



Non-Country Alternative: The End of the Road by Gladys Knight and the Pips.

Available on Amazon mp3 download. **See note on bottom of stepsheet

Free music download - email: bvamd@icloud.com.

Start after 8 cts. On vocals

[1-8] □ □ Step Touches with Claps

- 1-2 Step R back(1), touch L next to R & clap(2)
- 3-4 Step L back(3), touch R next to L & clap(4)
- 5-6 Repeat counts 1,2
- 7-8 Repeat counts 3,4

Note: you are moving back on an angle (towards 5:00 o'clock on R & towards 7:00 o'clock on L)

[9-16] Kick Ball Touch, Kick Ball Touch, 3 Walks, *Touch

- 1&2 Kick R forward(1), step back on R(&), touch L out to left side(2)
- 3&4 Kick L forward(3), step back on L(&), touch R out to right side(4)
- 5-8 Walk forward R,L,R(5-7), *touch L next to R(8)

* Restart: here on wall 6 (9 o'clock) Step left next to Right (8) then Restart

[17-24] □ □ Step Touches, Vine with ¼ Turn, Brush

- 1-4 Step L to left side(1), touch R next to L(2), step R to right side(3), touch L next to R(4)
- 5-8 Step L to left side(5), step R behind L(6), making ¼ turn left, step forward(7), brush R forward(8)

[25-32] Jazz Box, Rocking Chair □

- 1-4 Cross step R over L(1), step L back(2), step R to right side (3), step L next to R(4)
- 5-8 Rock R forward(5), recover weight on L(6), rock R back(7) recover weight on L(8)

Restart: Wall 6 (9: o'clock) after the first 16 cts.

To end in the front, dance thru to ct.24 and make another ¼ turn left to face front(17-23-step touches, vine with ¼ turn, ct.24 ¼ turn left-12 o'clock wall.)

**If you use the non- country music, there will be a 4 ct. Tag on walls 3,5,&7.

The Tag comes at the end of the 32 cts. The Restart takes place exactly at the same wall and the same time.

Tag: 4 cts. One full hip rotation starting right for 4 cts This is will be at the end of the dance on walls 3,5,7

Choreographer's Info: Lynne Martino, wiska51@aol.com, Facebook page: Lynne's Dance Crew