

Between a Rock and a Hard Place

COPPER KNOB
STEPSHEETS

Count: 60

Wall: 2

Level: Intermediate

Choreographer: Teresa Tillman (USA) - October 2022

Music: Rock and a Hard Place - Bailey Zimmerman



Intro: 30 counts - 2 Restarts

SEC 1: TWINKLE, TWINKLE ½ turn

- 1-3 Cross R over L, step L next to R, step L next to right
- 4-6 Cross L over R, step back on R turning ¼ L, step L to L side turning ¼ L

SEC 2: CROSS SHUFFLE, BIG STEP AND DRAG R

- 1-3 Cross R over L, step L to L, cross R over L
- 4-6 Big step L with L, drag R to L over 2 counts (RESTART HERE ON WALL 3)

SEC 3: 1 ¼ TURN TO R, WALK, WALK, LUNGE

- 1-3 Full turn plus ¼ R stepping R, L, R
- 4-6 Walk forward L, R and lunge forward on L

SEC 4: STEP BACK, PIVOT TO CHASE TURN

- 1-3 Step back on R, step back on L, pivot on L ½ to R and step forward R
- 4-6 Step forward on L, pivot ½ R and step on R, step forward on L

SEC 5: CROSS POINT, CROSS, SIDE, BEHIND

- 1-3 Cross R over L, point L to L side hold for 2 counts
- 4-6 Cross L over R, step R to R, step L behind R

SEC 6: SWEEP, 1/4 TURN L, SWAY R AND L

- 1-3 Sweep R from front to back
- 4-6 Turn ¼ L stepping L to L side, sway R and L (RESTART HERE ON WALL 4)

SEC 7: DIAGONAL R STEP W/R, KICK, STEP BACK, HOOK

- 1-3 Step diagonal R on R, slowly lift L leg to kick over two beats
- 4-6 Step back on L, hook R over left ankle over two beats

SEC 8 BASIC WALTZ STEP WITH ¾ TURN

- 1-3 Turn ¼ R stepping R forward, turn ½ R stepping left, step R next to L
- 4-6 Step L back, step R next to L, step L next to R

SEC 9: DIAMOND

- 1-3 Step R forward to 1:30, cross L over R turning 1/8 L, step R back turning 1/8 L
- 4-6 Step L back facing 1030, step R back turning 1/8 L, step L next to R turning 1/8 L

SEC 10: DIAMOND, COASTER

- 1-3 Step R forward to 730, step L across R turning 1/8 L, step R next to L turning 1/8 L
- 4-6 Step L back, step R to L, step L forward