

Training Bra

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Bethany Watkins (UK) - February 2024

Music: Brenda Put Your Bra On - Ashley McBryde, Caylee Hammack & Pillbox Patti



START ON THE WORD BRENDA

[1-4] SIDE BEHIND. ¼ HITCH

- 1,2 step right to right side, step left behind right
- 3,4 step right turning ¼ right , hitch left

[5-8] WALK BACK, TOUCH

- 5,6 walk back left, walk back right
- 7,8 walk back left, touch right

[9-12] SIDE BEHIND, ¼ HITCH

- 9,10 step right to right side, step left behind right
- 11,12 step right turning ¼ right , hitch left

[13-16] WALK BACK, TOUCH

- 13,14 walk back left, walk back right
- 15,16 walk back left, touch right

[17-24] HIP BUMPS, FORWARDS AND BACK

- 17, 18 bump right hip forward twice
- 19, 20 bump left hip back twice
- 21, 22 bump right hip forward, bump left hip back
- 23, 24 bump right hip forward, bump left hip back

[25-32] TOE STRUTS WITH ATTITUDE

- 25, 26 right toe strut with attitude
- 27,28 left toe strut with attitude
- 29,30 right toe strut with attitude
- 31,32 left toe strut with attitude

RESTART WALL 4 AFTER HIP BUMP SECTION COUNT 24

FINISH

continue the toe struts with attitude

BIT OF FUN

every time the words "bra on" are sung pretend to push your bra up.