

# 200 Ounces

**COPPERKNOB**  
STEPSHEETS

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Ann-Louise Björke (SWE) - March 2025

Music: 200 Ounces - Northlake Shivers



**Intro:** The dance starts on the lyric

**Tag:** SIDE - TOUCH - SIDE - TOUCH

1&2& Step RF to right side - Touch L next to R - Step LF to left side - Touch R next to L

**\*\* The tag is danced on wall 2 after 32 count and on wall 5 after 24 count**

**Restart:** You will restart the dance on wall 3 after 24 count and on wall 5 after the tag

**SEC.1 HEEL SWITCHES - STEP FWD - HEEL TWIST - BACK - KICK - BACK - KICK - COASTER STEP**

1&2& Touch R heel forward - Step RF beside L - Touch L heel forward - Step LF beside R

3&4. Step RF forward - Twist heels R - Twist heels back to center

5&6&. Step RF back - Kick L forward - Step LF back - Kick R forward

7&8. Step RF back - Step LF beside R - Step RF forward

**Finish:** On wall 8 after 8 count, with both feet in place facing 3 o'clock turn 1/4 L

**SEC.2 SHUFFLE FW - PIVOT 1/4 L - CROSS - 1/4 L, 1/4L , CROSS SHUFFLE**

1&2. Step LF forward - Step R beside L - Step LF forward

3&4. Step RF forward - Turn 1/4 L - Cross R over L

5-6. Turn 1/4 R over right shoulder, step back on LF - Turn 1/4 R over right shoulder, step RF to R side

7&8. Cross LF over R - Step RF to right side - Cross LF over R

**SEC.3 SIDE POINT - TOUCH - SIDE POINT - BEHIND - SIDE - CROSS SIDE POINT - TOUCH - SIDE POINT - BEHIND - SIDE - STEP FW**

1&2. Touch R toe out to right side - Touch R next to L - Touch R toe out to right side

3&4. Step RF behind L - Step LF to left side - Cross RF over L

5&6. Touch L toe out to left side - Touch L next to R - Touch L toe out to left side

7&8. Step LF behind R - Step RF to right side - Step forward on LF

**Restart after 24 count on wall 3 facing 9 o'clock**

**Tag + Restart after 24 count on wall 5 facing 9 o'clock**

**SEC.4 MAMBO FW - MAMBO BACK - MAMBO 1/2 TURN R - SHUFFLE FW**

1&2. Rock forward on RF - Recover weight back on LF - Step back on RF

3&4. Rock back on LF - Recover weight forward on RF - Step forward on LF

5&6. Rock forward on RF - Recover weight back on LF - Turn 1/2 R over right shoulder, step RF forward

7&8. Step LF forward on - Step R beside L - Step LF forward

**Tag on wall 2 after 32 count facing 6 o'clock**

**Finish:** The dance ends during wall 8, dance up to count 8 then turn 1/4 L with both feet in place

**Last Update - 13 Apr 2025**