

Detox

COPPER KNOB
STEPSHEETS

Count: 63

Wall: 1

Level: Phrased High Intermediate

Choreographer: Danielle MODICA (FR) - May 2025

Music: DETOX - Sara James



Intro : 16 counts (13 seconds)

Sequence A B C A A B C A A B

PART A: 16c

[1-8] STEP L FW SWEEP, CROSS, SIDE, STEP R BACK SWEEP, CROSS, SIDE, WALK LRL, ROCK R RECOVER

- 1 2 Step L Forward sweeping R from back to front (1), Cross R over L(2) 12:00
- & 3 Step L to the L side (&), Step R back sweeping L from front to back(3)
- 4 & Step L cross behind R (4), Step R to the R side (&)
- 5 6 7 Walk L forward (5) , Walk R fwd (6), Walk L fwd (7)
- 8 & Rock R forward (8), Recover onto L (&)

[9-16] BIG STEP BACK, COASTER STEP CROSS, RECOVER, STEP L SIDE, CROSS R, RECOVER, STEP R SIDE, WALK LR, ½ TURN L

- 1 2 & 3 Big Step R back drag L (1), Step L back (2), R beside L (&), Cross L over R (3) 12:00
- 4 & 5 Recover onto R (4), Step L to the L side (&), Cross R over L (5),
- 6 & 7 Recover onto L (6), Step R to the R side (&), Walk L forward (7)
- 8 & Step R Forward (8), ½ Turn to the L (&)

When there are two part A : at the end of the first A, delete count (&) to be on the R step (12:00), ready to start the A part again with the L step

PART B: 31c

[1-8] SIDE ROCK R, SIDE ROCK L, ROCK R FW, PONEY STEP

- 1 2 & Side Rock R (1), Recover onto L (2), R beside L (&) 6:00
- 3 4 & Side Rock L (3), Recover onto R (4), L beside R (&)
- 5 6 Rock R forward (5), Recover onto L (6)
- 7 & 8 Step R back hitching left knee (7), Step L beside R (&), Step R back hitching left knee (8)

[9 - 16] SAILOR ¼ TURN, STEP SLIDE, SAILOR ¼ TURN, POINT, FLICK

- 1 & 2 ¼ turn to the left crossing L behind R (1), R to the right side (&), Cross L over R (2) 3:00
- 3 4 Big step R to the right side (3) Drag L (4)
- 5 & 6 ¼ turn to the left crossing L behind R (5), R to the right side (&), Step L forward (6) 12:00
- 7 8 Point R to the right side (7), Flick R behind L (8)

[17 - 24] SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, BEHIND, SIDE, FORWARD

- 1 2 Side rock R to the right (1), Recover onto L (2)
- 3 & 4 Cross R behind L (3), L to the L side (&), Cross R over L (4)
- 5 6 Side rock L to the left (5), Recover onto R (6)
- 7 & 8 Cross L behind R (7), R to the R side (&), Step L forward (8)

[25 - 31] SIDE, ARMS MOVEMENTS EXTEND RL, BEND RL, DOWN, UP, DOWN

- 1 2 Step R to the R side extending the right arm horizontally to the R (1), Extend the left arm horizontally to the left (2)
- 3 4 Bend the R elbow hand upwards, palm open facing noon (3), Bend the L elbow hand upwards, palm open facing noon (4)

- 5 6 Lower the R hand down keeping the elbow bent, palm open facing six (5), Lower the L hand down keeping the elbow bent, palm open facing six and at the same time, raise the right hand facing noon (6)
- 7 Lower the R hand down keeping the elbow bent, palm open facing six and at the same time lower the head (7)

PART C: 16c

[1 - 8] DIAMOND

- 1 2 & Step R forward sweeping L from back to front (1), Cross L over R (2), R to the right side (&) 12:00
- 3 4 & $\frac{1}{8}$ turn to the left step L back drag R (3), Step R back diag (4),
- 5 6 & $\frac{1}{8}$ turn to the left, L to the left side (&), $\frac{1}{8}$ turn to the left Step R forward diag sweeping L from back to front (5), Cross L over R (6), $\frac{1}{8}$ turn to the left R to the right side (&) 6:00
- 7 8 & $\frac{1}{8}$ turn to the left, step L back diag drag R (7), Step R back diag (8), $\frac{1}{8}$ turn to the left, L to the left side (&) 6:00 3:00

[9 - 16] STEP, STEP $\frac{1}{2}$ TURN, STEP, STEP $\frac{1}{2}$ TURN, $\frac{1}{4}$ TURN, STEP BACK LR SWEEP, BACK TOGETHER

- 1 2 & Step R forward (1), Step L forward (2), $\frac{1}{2}$ turn to the right (&), 3:00 9:00
- 3 4 & Step L forward (3), Step R forward (4), $\frac{1}{2}$ turn to the left (&) 9:00 3:00
- 5 6 7 $\frac{1}{4}$ turn to the left (5), Step L back sweeping R from front to back (6), Step back R sweeping L from front to back (7) 12:00
- 8 & Step L back (8), R beside L (weight on your R)

This sheet is the original, for any question you can send me an email : mavipavada@hotmail.com
