

Can't Escape, Can't Forget

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Elaine "Lainey" Neck (UK)

Music: Whole Again - Atomic Kitten



ROCK RIGHT FORWARD/LEFT BACK, RIGHT BACK LOCK STEP/ LEFT BACK LOCK STEP, ROCK BACK RIGHT, FORWARD LEFT

- 1-2 Rock forward on right, rock back on left
- 3&4 Step back right, lock left in front of right, step back right
- 5&6 Step back left, lock right in front of left, step back left
- 7-8 Rock back on right, rock forward on left

SIDE ROCK RIGHT/LEFT, CROSS STEP RIGHT, STEP LEFT, PIVOT ½ TURN RIGHT, RIGHT SIDE SHUFFLE, CROSS ROCK LEFT

- 1-2 Rock right-to-right side, rock left-to-left side
- 3-4 Cross right over in front of left, step left to left side
- 5&6 Pivot ½ turn over right shoulder stepping on to right, close left, step right
- 7-8 Cross rock left over in front of right, rock back on to right

STEP LEFT, CROSS RIGHT, ¼ TURN RIGHT STEPPING BACK LEFT, BACK RIGHT, HIP BUMPS, LEFT SHUFFLE

- 1-2 Step left-to-left side, cross right over left
- 3-4 Step ¼ turn right stepping back on left, step back on right
- 5&6 Bump hips left, right, left
- 7&8 Step forward left, close right beside left, step forward left

FULL TURN LEFT, RIGHT SHUFFLE, LEFT SHUFFLE, KICK BALL CHANGE

- 1-2 Full turn over left shoulder, stepping right left
- 3&4 Step forward right, close left beside right, step forward right
- 5&6 Step forward left, close right beside left, step forward left
- 7&8 Kick right forward, step right beside left, step left in place

REPEAT

TAG

On last wall (wall 9) optionally do the first 8 counts and finish with a full triple turn over left shoulder stepping, right, left, right
