

# Kris's Kardio

**COPPER** KNOB  
STEPPERS

**Count:** 72

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Kris Lundberg - June 2007

**Music:** Excuse Me Mister - No Doubt



**Stretch for the first 48 Counts ? I mean it!**

## **1-16**

1, 2 Hitch Right Foot whilst doing a ¼ turn (Facing 3:00)  
&3, 4 Recover on Right, Rock Forward on Left, Step Forward on Right  
5, 6 Lunge up on Left, Touch Right  
7, 8 ¼ Turn, Lunge up on Right, Touch Left (Facing 6:00)  
9-12 Right Skate, Left Skate, Right Skate, Right Touch  
13-16 Left Skate, Right Skate, Left Skate, Left Step

## **17-32**

17, 18 Kickbox Right Leg to Right Side and Recover  
19, 20 Clockwise dip, weight on left hip  
21-22 Right shoulder pulse, Left Shoulder pulse  
23-24 Squat, ½ turn Right (Facing 12:00)  
25-28 Weave Left foot over traveling right with heel touch, Hold  
29-32 Weave Right over traveling left with heel touch

## **33-48**

33-36 Right Toe Touch, Hold, Left Toe Touch, Hold  
37-40 ½ Turn Left and Kick Ball Change (Facing 6:00)  
41-44 Step out Right to right side, ½ Turn Right, ½ Turn Right  
&45-48 ½ Turn Right, Raise Left Front and slap with Right Hand, Raise Left Front and slap with Left Hand, Hold for 47, Slap both legs on 48 (Facing 12:00)

## **49-56**

49-50 Lunge out on left foot and bring right foot to left  
51-52 Ankle Break Left, Ankle Break Right  
53-54 Hop out on both legs so legs are wider than shoulder width apart, Hold  
55-56 Hold, Right Ball Change

## **57-72**

57-58 ¼ Turn, Step Forward on Left, Touch Right (Facing 9:00)  
59-60 Swing Right Back and Touch Left  
61-64 Touch Right, Touch Left (Repeat)  
65-68 Step left back with Right Knee Pop, Step Right Back with Left Knee Pop, Coaster  
69-70 Step Right Forward, Body Roll Up  
71-72 Hop on both feet and ¼ Left (Facing 6:00)

**Repeat and don't forget to breathe.**

**Tag is done only after the 1st Wall - 8 Counts Jumping Up & Down (not too high)**

NOTE: I added clock notations to keep in check. Please note, these only work for the front wall

[Website](#)