

Rx (Double Dose) (P)

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 0

Niveau: Partner



Chorégraphe: Carole Daugherty (USA) & Frank Cooper (CAN)

Musique: Sexual Healing - Max-A-Million

Position: Facing OLOD, Hammer hold

Both: begin facing OLOD

STEP RIGHT SIDE, LEFT SLIDE, RIGHT CROSSING SHUFFLE, STEP ¼ LEFT, RIGHT LOCK, LEFT FORWARD SHUFFLE

- 1-2 Step right foot to right side towards RLOD, slide left behind
- 3&4 Cross right over left, step together with left, cross right over left
- 5-6 Step forward ¼ left on left, lock right behind
- 7&8 Step forward left, step together with right, step left forward

SWIVEL WALK RIGHT, LEFT, RIGHT COASTER STEP, STEP LEFT, PIVOT ¼ RIGHT, LEFT CROSSING SHUFFLE

- 1-2 Step forward on right foot with heel turned in, step forward on left with heel turned in
- 3&4 Step back on right, together with left, step forward on right
- 5-6 Step forward on left, pivot ¼ right facing OLOD
- 7&8 Cross left over right, step right together, cross left over right

HIP PUSHES, WEAWE, STEP ¼ LEFT, RIGHT LOCK, STEP ¼ LEFT & STEP SIDE RIGHT, LEFT BEHIND

- 1-2 Push right hip upwards right, push hip further right leaving weight on left

Hands: left to left on lady's left hip, right to right on lady's right hip

- 3&4 Step right behind left, step left to left side, step right across left
- 5-6 Step left ¼ left facing LOD, lock right behind

Release hands switching to closed position on counts 7&8

- 7&8 **LADY:** (Facing ILOD) step left ¼ left facing ILOD, step right out to right side, step left behind (or next to right)
MAN: (Facing OLOD) step left foot left, step right next to left

HIP PUSHES, SAILOR, POINT, PRESS, SWEEPING LEFT ½ SAILOR (RECOVER, TRIPLE STEP FOR MAN)

- 1-2 **LADY:** (Facing ILOD) push right hip upwards right, push right hip further right
MAN: (Facing OLOD) push left hip upwards left, push left hip further left
 - 3&4 **LADY:** Step right behind left, step together with left, step down on right
MAN: Step left behind right, step together with right, step down on left
 - 5-6 **LADY:** Step left toe forward diagonally left across partner, lift heel & press into ball of left foot
- Release man's right & lady's left hand on count 7, man wraps lady's right over her head with his left to exchange and return to hammer hold on count 8**
- 5-6 **MAN:** Rock back on right foot allowing lady to press forward, recover forward on left
 - 7&8 **LADY:** Push off left with sweeping ½ turn left stepping left, step right together, step left.
MAN: Triple step in place right, left, right

REPEAT