

# Paycheck To Paycheck

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver / Intermediate  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - May 2022  
音乐: Paycheck To Paycheck - Midland



Start after 36 count intro – approx. 20secs – they sing ‘got no tread’ come in on the word ‘tread’ – 112bpm – 2mins 56secs

Music Available: Amazon

**[1-8] R fwd, L fwd mambo, R back coaster cross, step L side, R touch ball cross**

1-2&3      Step R forward, step L forward, recover weight on R, step L back

4&5      Step R back, step L together, cross step R over L

6-7&8      Step L side, touch R together, step R back, cross step L over R

**[9-16] R side, L sailor, R sailor, L fwd, R fwd, twist heels R to centre (weight on L)**

1-2&3      Step R side, cross step L behind R, step R side, step L side

**WALL 11: Dance will end on the L sailor step, add a ¼ left to end facing front wall**

4&5      Cross step R behind L, step L side, step R side

6      Step L forward

7&8      Step R forward, twist both heels right and then back to centre (weight on L)

**RESTART: WALLS 2 (LEFT SIDE WALL), 4 (BACK WALL), 8 (LEFT SIDE WALL)**

**During these walls dance until the heel twist (count 16) and restart the dance**

**[17-24] Walk back R/L, R/L apart, R fwd, walk fwd L/R, L/R apart, L fwd**

1-2      Step R back, step L back

&3-4      Step R apart, step L apart, step R forward

5-6      Step L forward, step R forward,

&7-8      Step L apart, step R apart, step L forward

**[25-32] R fwd, L fwd, ¼ R pivot turn, cross L over R, ½ L hinge turn, syncopated R fwd rock/recover, syncopated R side rock/recover, R back, L tog (1st two steps of coaster step)**

1-2&3      Step R forward, step L forward, pivot ¼ right, cross step L over R (3)

4-5      Turning ¼ left step R back, turning ¼ left step L side (9)

6&      Rock R forward, recover weight on L

7&      Rock R side, recover weight on L

**Less syncopated option for 6-7: Touch R forward, touch R side**

8&      Step R back, step L together (1st two counts of a coaster step)

**Start again and enjoy!**

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