

Your Middle Name

COPPER KNOB
STEPSHEETS

拍数: 128 墙数: 2 级数: Phrased Advanced
编舞者: Krista Young (USA) - May 2025
音乐: Troublemaker (feat. Flo Rida) - Olly Murs



****Don't be intimidated by the "128 counts." Phrase C is essentially only 8 new counts repeated 3 times, then the final 24 counts of Phrase A!**

Intro: 16 counts, start at 0:10 with lyrics

Phrasing: A B A BB C BB

Phrase A (48 counts)

Section 1 [Counts 1-8] Cross Step, Side Step, Hitch, Slide, ¼ Sailor, Scuff Pivot

- 1-2 Cross RF in front of LF, step LF to L
- 3-4 Hitch R leg, big step RF to R while sliding LF towards RF
- 5&6 Turn ⅛ to L while stepping LF behind RF, step RF slightly out, ⅛ turn L while stepping LF slightly out (9:00)
- &7-8 Scuff R heel fwd, step RF fwd while beginning ½ pivot L, finish ½ pivot L keeping weight in RF (3:00)

Section 2 [Counts 9-16] Shuffle Step, ¼ Traveling Kicks, Kick Ball Tap, ¾ Unwind

- 1&2 Step LF fwd, step RF together, step LF fwd
- &3&4 Hitch R knee, ¼ turn L while kicking RF to R and shifting L heel to R (12:00), hitch R knee while shifting L toe to R, kick RF to R while shifting L heel to R
- &5&6 Hitch R knee while shifting L toe to R, kick RF to R while shifting L heel to R, step RF to R, tap LF behind RF
- 7-8 Unwind ¾ to L, shift weight to LF (3:00)

Section 3 [Counts 17-24] Rock-Recover, Weave, ⅛ Step Hitch x2, Slide

- 1& Step RF to R, recover onto LF
- 2&3&4 Cross RF in front of LF, step LF to L, step RF behind LF, step LF to L, cross RF in front of LF
- 5&6& Turn ⅛ to L while stepping LF to L, hitch R knee, turn ⅛ to L while stepping RF to R, hitch L knee (12:00)
- 7-8 Big step LF to L while sliding RF towards LF

Section 4 [Counts 25-32] ¼ Sailor, Mambo Step, Toe Strut x2

- 1&2 Step RF behind LF, ⅛ turn L while stepping LF slightly out, ⅛ turn L while stepping RF slightly out (9:00)
- 3&4 Step LF back, recover onto RF, step LF fwd
- 5-6 Tap R toe fwd, step RF fwd
- 7-8 Tap L toe fwd, step LF fwd

Section 5 [Counts 33-40] Kick Ball Step, Heel Bounce x2, Old Man x2

- 1&2 Kick RF fwd, step RF next to LF, step LF fwd
- &3&4 Turn ¼ to R while lifting both heels and bending knees (12:00), shift both heels to L while straightening legs, lift both heels while bending knees, shift both heels to R while straightening legs
- 5&6& Rock pelvis back to R while bending both knees, step RF next to LF while rocking pelvis fwd to L, step LF to L while straightening legs and rocking pelvis back to R, rock pelvis fwd to L
- 7&8 Rock pelvis back to R while bending both knees, step RF next to LF while rocking pelvis fwd to L, step LF to L while straightening legs and rocking pelvis back to R

Section 6 [Counts 41-48] Heel Toe Swivels, Modified V Step, Syncopated Heel Grind

- 1-2 Swivel R heel to L while bending both knees, swivel R toe to L while straightening both legs

- 3-4 Swivel R heel to L while bending both knees, ¼ turn L while collecting feet and straightening both legs (9:00)
- 5&6& Step LF diagonally out to L on heel, step RF diagonally out to R on heel, step LF back to center, step RF fwd
- 7&8& Hold, step L heel fwd, ¼ turn L while grinding L heel and stepping down on RF, step LF to L (6:00)

Phrase B (32 counts)

Section 1 [Counts 1-8] Cross Step, ¼ Rock-Recover, Rocking Chair, Step Twists, Kick Step

- 1-2& Cross RF in front of LF, step LF to L, ¼ turn R while recovering onto RF (3:00)
- 3&4& Step LF fwd, recover onto RF, step LF back, recover onto RF
- 5-6-7 Step LF fwd, twist body to look back (9:00), recover body to face fwd (3:00)
- &8& Kick LF fwd, step LF back while pushing chest fwd, bring shoulders back while rocking pelvis fwd (prep for Old Man)

Section 2 [Counts 9-16] Old Man, Flick, Cross, ⅞ Unwind, Run x3 (½), ¼ Sweep, ¼ Sailor

- 1&2& Turn ¼ L while rocking pelvis back to L and bending both knees (12:00), step LF next to RF while rocking pelvis fwd to R, step RF to R while straightening legs, shift weight to RF while flicking LF behind
- 3-4 Cross LF in front of RF, ⅞ unwind R shifting weight to RF (10:30)
- 5&6 Complete a ½ turn L while running 3 times LF, RF, LF (4:30)
- &7 Step down onto RF while sweeping LF front to back, continue sweep while turning ¼ over L shoulder (1:30)
- &8& Step LF behind RF, ⅞ turn L while stepping RF slightly out, ⅞ turn L while stepping LF slightly out (10:30)

Section 3 [Counts 17-24] Rock-Recover Kick Cross x2, Moonwalk x3, Body Roll into ½ Hip Roll

- 1&2& Step RF to R, recover onto LF, kick RF fwd, cross RF in front of LF
- 3&4& Step LF to L, recover onto RF, kick LF fwd, cross LF in front of RF
- 5-6-7 Three moonwalks or steps back RF, LF, RF
- &8& Place LF back starting body roll from upper body, finish body roll through lower body shifting weight to LF, continue into hip roll from L back around to R while completing ½ turn L and shifting weight to RF (4:30)

Section 4 [Counts 25-32] Step Lock, Syncopated Camel Walks, Hip Pops, Slide

- 1-2 Step LF fwd, lock RF behind LF
- 3-4& Turn ⅞ to R while hopping onto LF and popping R toe next to LF (6:00), hop fwd onto RF while popping L toe next to RF, hop fwd onto LF while popping R toe next to LF
- 5-6-7 Step RF to R popping hips to R (hands over heart), pop hips to L (hands over face/head), pop hips to R (throw hands down)
- 8 Big step LF to L while sliding RF towards LF

Phrase C (48 counts)

Section 1 [Counts 1-8] Cross Step, Side Step, Tap Unwind, Cross Rock-Recover, ¼ Shuffle Step

- 1-2 Cross RF in front of LF, step LF to L
- 3-4 Tap RF behind LF, unwind ½ turn R shifting weight to RF (6:00)
- 5-6 Cross LF in front of RF, recover onto RF
- 7&8 Step LF to L, step RF together, ¼ turn L stepping LF fwd (3:00)

Section 2 [Counts 9-16] SAME AS SECTION 1

- 1-2 Cross RF in front of LF, step LF to L
- 3-4 Tap RF behind LF, unwind ½ turn R shifting weight to RF (9:00)
- 5-6 Cross LF in front of RF, recover onto RF
- 7&8 Step LF to L, step RF together, ¼ turn L stepping LF fwd (6:00)

Section 3 [Counts 17-24] SECTION 1 WITHOUT FINAL ¼ TURN

- 1-2 Cross RF in front of LF, step LF to L
- 3-4 Tap RF behind LF, unwind ½ turn R shifting weight to RF (12:00)
- 5-6 Cross LF in front of RF, recover onto RF
- 7&8 Step LF to L, step RF together, step LF to L

Section 4 [Counts 25-32] SAME AS PHRASE A SECTION 4

- 1&2 Step RF behind LF, ⅛ turn L while stepping LF slightly out, ⅛ turn L while stepping RF slightly out (9:00)
- 3&4 Step LF back, recover onto RF, step LF fwd
- 5-6 Tap R toe fwd, step RF fwd
- 7-8 Tap L toe fwd, step LF fwd

Section 5 [Counts 33-40] SAME AS PHRASE A SECTION 5

- 1&2 Kick RF fwd, step RF next to LF, step LF fwd
- &3&4 Turn ¼ to R while lifting both heels and bending knees (12:00), shift both heels to L while straightening legs, lift both heels while bending knees, shift both heels to R while straightening legs
- 5&6& Rock pelvis back to R while bending both knees, step RF next to LF while rocking pelvis fwd to L, step LF to L while straightening legs and rocking pelvis back to R, rock pelvis fwd to L
- 7&8 Rock pelvis back to R while bending both knees, step RF next to LF while rocking pelvis fwd to L, step LF to L while straightening legs and rocking pelvis back to R

Section 6 [Counts 41-48] SAME AS PHRASE A SECTION 6

- 1-2 Swivel R heel to L while bending both knees, swivel R toe to L while straightening both legs
- 3-4 Swivel R heel to L while bending both knees, ¼ turn L while collecting feet and straightening both legs (9:00)
- 5&6& Step LF diagonally out to L on heel, step RF diagonally out to R on heel, step LF back to center, step RF fwd
- 7&8& Hold, step L heel fwd, ¼ turn L while grinding L heel and stepping down on RF, step LF to L (6:00)

Choreography and step sheet created by Krista Young. Contact kristayoung.dance@gmail.com with any questions!

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