

# Hazard To Your Health

**COPPER** **KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Seth Lilly  
音乐: Heartbreaker - Danity Kane



## **SLIDE, STEP, KICK, CROSS, COASTER, STEP ¼, SAILOR ¼**

1-2      Slide right to right side, step left next to right  
3&4      Kick right forward, step right over left, step left back  
&5-6      Step right next to left, step left forward, step right to right side  
7&8      Turn ¼ left and step left behind right, step right beside left, turn ¼ left and step left forward (6:00)

## **SCUFF, STEP, DRAG, ROCK AND CROSS, STEP ¼, STEP ½, SWEEP ½, SAILOR**

&1-2      Scuff right forward, step right to right side (toe turned out), drag and step left next to right  
3&4      Turn ¼ right and rock right to right side, recover on left, cross right over left  
5-6-7      Turn ¼ left and step left forward, turn ½ left and step back on right, turn ½ left and rondé left foot from front to back

### **Sweeping left foot around on that last ½ turn**

8&1      Step left behind right, step right beside left, step left to left side

## **LOOK, SYNCOPATED JAZZ ¼, SAILOR, STEP, SAILOR**

2      Look to right side  
3&4      Cross right over left, step back on left, turn ¼ right and step forward on right (9:00)  
5&6      Step left behind right, step right beside left, step left to left side  
7      Step right out to right side  
8&1      Step left behind right, step right beside left, step left to left side

## **STEP, SAILOR ¼, WALK, STEP, STEP, DRAG ½**

2      Step forward on right  
3&4      Step left behind right, turn ¼ left and step right beside left, step left to side (6:00)  
5-6      Walk forward on right to left diagonal, step left next to right centering at 6:00 wall  
7-8      Step back on right, turn ½ right and step left next to right (12:00)

## **ROCK, RECOVER, STEP ½, SAILOR, CROSS ¼, COASTER ¼**

1-2      Rock right to right side, recover on left  
3      Turn ½ and step side right (6:00)  
4&5      Step left behind right, step right beside left, step left to left side  
6      Turn ¼ right and cross right over left (9:00)  
7&8      Turn ¼ right and step back on left, step right beside left, step left forward (12:00)

## **SKATE, SKATE, STEP, SAILOR ¼, CROSS, STEP ¼, STEP ¼, STEP**

1-2-3      Skate forward on right, skate forward on left, step forward on right  
4&5      Step left behind right, step right beside left, turn ¼ right and step left forward (9:00)  
6      Cross right over left  
7&8      Turn ¼ right and step left back, step right out to right, turn ¼ right and step left forward to right diagonal (3:00)

## **ROCK, RECOVER, HITCH, OUT, OUT, IN, CROSS, STEP, SAILOR ¼, WALK**

1&2      Rock right forward, recover on left, hitch right and look to right side  
&3      Step right out to right side, step left out to left side  
&4-5      Step right back in place, cross left over right, step back on right (3:00)  
6&7      Step left behind right, step right beside left, turn ¼ left and step left forward (12:00)

8 Walk forward on right

**WALK, WALK, HITCH ½, SHUFFLE ½, STEP, PIVOT ½, STEP, STEP ¼, STEP ½ CROSS**

1-2 Walk forward on left, walk forward on right

&3&4 Turn ½ left and hitch left, shuffle turn ½ left stepping left, right, left (12:00)

5-6 Step right forward, turn ½ to left (weight to left) (6:00)

7&8& Step forward on right, turn ¼ right and step left out to left side, turn ½ right and step right out to right side, cross left over right

**REPEAT**

**RESTART**

**Restart on 2nd wall after 32 counts**

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