

No Dr Phil

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Nancy Morgan (USA)
音乐: When It Rains - Gretchen Wilson



**KICK
FORWARD,
KICK SIDE,
SAILOR
SHUFFLE,
KICK
FORWARD,
KICK SIDE,
SAILOR
SHUFFLE**

1-2 Kick right
foot forward,
kick right foot to
right side
3&4 Sailor
shuffle - step
right behind left,
left to left side,
right foot
forward
5-6 Kick left foot
forward, kick left
foot to right left
7&8 Sailor
shuffle - step
left behind right,
right to right
side, left foot
forward

**FORWARD
ROCK, SKIP
BACK FOR 4
COUNTS,
BACK ROCK**

1-2 Rock/step
forward on right
and back on left

&3 Lift right foot
up as you hop
on left, bring
and set right
foot directly
behind left (it is
like skipping
backwards)

&4 Lift left foot
up as you hop
on right, bring
and set left foot
directly behind
right

&5 Lift right foot
up as you hop
on left, bring
and set right
foot directly
behind left

&6 Lift left foot
up as you hop
on right, bring
and set left foot
directly behind
right

7-8 Back
rock/step on
right and
forward on left

**STEP
FORWARD,
BOUNCE TWO
TIME IN ½
TURN TO
LEFT, KICK
FORWARD,
BACK
COASTER,
FORWARD
COASTER**

1 Step forward
on right (stay on
balls of feet)

2-3 Bounce two
(2) times on
heels as your
turn one half
turn to left
(weight is on
right)

4 Kick left foot
forward

5&6 Back
coaster step -
step back on
left, back on
right, and
forward on left

7&8 Forward
coaster step -
step forward on
right, step
forward on left,
step back on
right

**TOUCH BACK,
¼ TURN LEFT,
SWIVEL,
SWIVEL ¼
TURN LEFT,
KICK-BALL-
CHANGE
SWIVEL,
SWIVEL ¼
TURN LEFT**

1-2 Touch left
toe back, pivot
¼ turn to your
left (weight is
even)

3 Swivel both
feet to right (on
balls of feet)

4 Swivel both
feet to left ¼
turn to left (on
balls of feet,
weight ends on
left)

5&6 Kick-ball-
change - kick
right foot
forward, put
right next to left
as you pick left
off floor, set left
next to right

7 Swivel both
feet to right (on
balls of feet)

8 Swivel both
feet to left ¼
turn to left (on
balls of feet,
weight ends on
left)

REPEAT
