

# Mbm Nightmare

COPPERKNOB  
BY STEPHENETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Marco Maselli (BEL)  
音樂: Two Feet of Topsoil - Brad Paisley



## ROCK STEP FORWARD, RECOVER, COASTER STEP, SHUFFLE FORWARD, FULL TURN TO THE LEFT

- 1-2      Right foot rock forward, left foot recover weight on left foot
- 3&4      Right foot step back, left foot step back beside right foot, right foot step forward
- 5&6      Left foot step forward, right foot close beside left foot, left foot step forward
- 7-8      On left foot ½ turn to left and right foot step backward, on right foot ½ turn to left and left foot step forward

## STOMP, KICK, SAILOR STEP, SAILOR STEP WITH ¼ TURN TO LEFT, STOMPS

- 1-2      Right foot stomp beside left foot (no weight), right foot kick diagonally forward to the right
- 3&4      Right foot cross behind left foot, left foot step to the left side, right foot to the right side
- 5&6      Left foot cross behind right foot, right foot step to the right side with ¼ turn to the left, left foot step forward
- 7-8      Right foot stomp in place beside left foot, left foot stomp in place beside right foot

## APPLE JACK TO THE LEFT THEN TO THE RIGHT TWICE, APPLE JACK TO THE LEFT TWICE, APPLE JACK TO THE RIGHT TWICE (WEIGHT TRANSFER)

- 1      Left foot weight on heel and swivel toe to the left, right foot weight on the ball and swivel heel to the left
- &      Recover weight on both feet
- 2      Right foot weight on heel and swivel toe to the right, left foot weight on the ball and swivel heel to the right,
- &      Recover weight on both feet
- 3      Left foot weight on heel and swivel toe to the left, right foot weight on the ball and swivel heel to the left
- &      Recover weight on both feet
- 4      Right foot weight on heel and swivel toe to the right, left foot weight on the ball and swivel heel to the right,
- &      Recover weight on both feet
- 5      Left foot weight on heel and swivel toe to the left, right foot weight on the ball and swivel heel to the left
- &      Recover weight on both feet
- 6      Left foot weight on heel and swivel toe to the left, right foot weight on the ball and swivel heel to the left
- &      Recover weight on both feet
- 7      Right foot weight on heel and swivel toe to the right, left foot weight on the ball and swivel heel to the right,
- &      Recover weight on both feet
- 8      Right foot weight on heel and swivel toe to the right, left foot weight on the ball and swivel heel to the right,
- &      Recover weight on both feet

## SWIVEL TO THE LEFT, HEEL SWITCHES AND CROSS TOUCH

- 1      Right foot swivel heel to the left and left foot swivel toe to the left
- 2      Left foot swivel heel to the left and right foot swivel toe to the left
- 3      Right foot swivel heel to the left and left foot swivel toe to the left
- &      Left foot swivel heel to the left and right foot swivel toe to the left
- 4      Right foot swivel heel to the left and left foot swivel toe to the left

5&6 Right foot tap heel forward, right foot step beside left foot, left foot tap heel forward  
&7-8 Left foot step beside right foot, right foot tap heel forward, right foot cross over left foot touching the floor with the toe

**SHUFFLE FORWARD, ½ TURN, SHUFFLE BACKWARD, ½ TURN, SHUFFLE FORWARD, ½ TURN, SHUFFLE BACKWARD**

1&2 Right foot step forward, left foot close beside right foot, right foot step forward  
& On right foot ½ turn to the right  
3&4 Left foot step backward, right foot close beside left foot, left foot step backward  
& On left foot ½ turn to the right  
5&6 Right foot step forward, left foot close beside right foot, right foot step forward  
& On right foot ½ turn to the right  
7&8 Left foot step backward, right foot close beside left foot, left foot step backward

**ROCK STEP BACKWARD, RECOVER, 2 FULL TURN TRAVELING FORWARD, WALK FORWARD**

1-2 Right foot rock backward, left foot recover weight on left foot  
3-4 On left foot ½ turn to the left, right foot step backward, on right foot ½ turn to left, left foot step forward  
5-6 On left foot ½ turn to the left, right foot step backward, on right foot ½ turn to left, left foot step forward  
7-8 Right foot step forward, left foot step forward

**REPEAT**

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