

# Obey The Rhythm

**COPPER** KNOB  
STEPSHEETS

拍數: 0      牆數: 2      級數: Intermediate/Advanced  
編舞者: Nathan Easey (UK)  
音樂: Rhythm Made Me Do It - Shania Twain



Sequence: A, 8 count freestyle, A, A(1-24), C, B, A, A(1-24), C(1-6), B, A(1-24), 4 count freestyle, A, A(1-24), C, B(1-32), B(1-32), B

## PART A

### SLIDES TO RIGHT & LEFT WITH HEEL JACKS

1-2      Step right foot long step to right side. Slide left foot beside right  
&3&4      Step left foot back. Touch right heel forward. Step right in place. Touch left foot beside right  
5-6      Step left foot long step to left, slide right beside left  
&7-8      Step right foot back. Touch left heel forward. Step left foot in place. Touch right foot beside left

### SIDE SHUFFLE, ROCK STEP, SYNCOPATED SIDE STEPS, ½ TURN

9&10      Step right foot to right side. Close left beside right. Step right to right  
11-12      Rock left foot back, recover weight onto right  
13-14      Step left foot to left side. Hold  
&15-16      Step right foot beside left. Step left foot to left side. Hold  
&      Turn ½ left on ball of left foot

17-32      Repeat 1-16

### TOE STRUTS FORWARD, ½ TURNING SHUFFLE, ROCK STEP

33-34      Touch right toe forward. Drop right heel to floor taking weight  
35-36      Touch left toe forward. Drop left heel to floor taking weight  
37&38      Shuffle right, left, right, making ½ turn left  
39-40      Rock back on left, recover onto right

### TOE STRUTS FORWARD, ½ TURNING SHUFFLE, ROCK STEP

41-42      Touch right toe forward. Drop right heel to floor taking weight  
43-44      Touch left toe forward. Drop left heel to floor taking weight  
45&46      Shuffle right, left, right, making ½ turn left  
47-48      Rock back on left, recover onto right

## PART B

### SYNCOPATED ROCK STEPS WITH ½ TURNS, PADDLE TURNS, ROCK STEP

1&2      Rock step right forward, rock weight onto left, turn ½ right and step right foot forward  
3&4      Rock step left forward, rock weight onto right, turn ½ left and step left foot forward  
5-6      With arms raised, touch right foot to right side twice while making full turn left (click fingers twice)  
7&8      Rock step right forward, rock weight onto left, step right foot beside left

### SIDE ROCK-SWITCH-SIDE ROCK, TURN (WITH ARMS), SIDE ROCK

9-10      Rock step left to left (with arms out to side), rock weight onto right foot  
&      Step right foot beside left (crossing arms over)  
11-12      Rock step right foot to right side (with arms out to side). Rock weight onto left foot  
13-14      Turn ½ turn left on ball of left foot, hitching right knee and bringing arms above head (crossed over)

Alternative: bring arms above head as before, but turn 1 ½ turn to left instead

15-16              Rock step right foot to right side (arms out to side). Rock weight onto left foot

17-32              Repeat steps 1-16 of Part B

**TURN ½ LEFT ON BALL OF LEFT FOOT, HITCHING RIGHT KNEE AND BRINGING ARMS ABOVE HEAD (CROSSED OVER)**

**Alternative: bring arms above head as before, but turn 1½ turn to left instead**

35-36              Rock step right to right side (arms out to side). Rock weight onto left foot

**HIP BUMPS, MASHED POTATOES BACK, MASHED POTATOES FORWARD, KICK**

37-40              Bump hips to right four times

41-44              Bump hips to left four times

45-47              Mashed potato back leading right, left, right

48&                Kick left foot forward, step left foot forward

49-51              Mashed potato forward leading right, left, right

52&                Kick left forward, step left to place

**PART C**

**SIDE, HOLD FOR 3, SIDE, HOLD FOR 3**

1-4                Step right foot to right side, hold for 3 counts

5-8                Step left foot to left side, hold for 3 counts

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