

# Painless

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Walt Woolbright (USA) & Linda Woolbright (USA)  
音樂: Ain't Hurtin' Nobody - John Prine



## WALK, WALK, HEEL JACKS, OUT-OUT, KNEE POP

1-2      Walk forward right--left  
&      Step back on right foot  
3      Tap left heel forward & step left foot home  
4      Step right foot next to left foot  
&      Step back on left foot  
5      Tap right heel forward & step right foot home  
6      Step left next to right foot  
&      Step right foot to right side  
7      Step left foot to left side  
&      Raising both heels off floor, pop both knees forward  
8      Lower both heels to floor (weight on right foot)

## STEP CROSS, HOLD, CROSS STEPS, ROCK STEP TURN, SHUFFLE TURN

&      Step back on left foot  
9      Cross step right foot over left  
10      Hold  
&      Step left foot to left side  
11      Cross step right foot over left  
&      Step left foot to left side  
12      Cross step right foot over left  
13      Rock left foot to left side  
14      Recover onto right foot with  $\frac{1}{4}$  turn right (to the right)  
15&16      Shuffle to right stepping left-right-left turning  $\frac{1}{2}$  turn right

## TURN, TURN, COASTER STEP, STEP, SWIVEL STEPS

17      Turning  $\frac{1}{2}$  turn to the right step back on right foot  
18      Turning  $\frac{1}{2}$  turn to the right step forward on left foot  
19&20      Step back on right foot, step left foot next to right foot, step forward on right foot  
21      Step forward on left foot to about 1:00:00  
22      Swivel walk right heel towards left foot  
23      Swivel walk right toe towards left foot  
24      Swivel walk right heel towards left foot

## STEP, SWIVEL STEPS, ROCK STEP, COASTER STEP

25      Step forward on right foot to about 11:00:00  
26      Swivel walk left heel towards right foot  
27      Swivel walk left toe towards right foot  
28      Swivel walk left heel towards right foot  
29      Cross rock left foot over right foot  
30      Recover on right foot while turning to new wall  
32&32      Step back on left foot, step right foot next to left, step forward on left foot now facing new wall

## REPEAT