

# Mr Vain

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2  
編舞者: Paul Crawshaw (UK)  
音樂: Mr. Vain - Culture Beat



## **SYNCOPATED HIP BUMPS, SYNCOPATED STEP LOCK STEPS**

1&2 Step  
diagonally  
forward on right,  
bumping hips  
forward back  
forward  
3&4 Step  
diagonally  
forward on left,  
bumping hips  
forward back  
forward  
5&6 Step  
forward on right,  
lock left behind  
right, step  
forward on right  
7&8 Step  
forward on left,  
lock right behind  
left, step  
forward on left

## **SYNCOPATED JAZZ BOX WITH POINT, CROSS SHUFFLES TO LEFT**

1-2 Cross right  
over left, step  
back on left  
&3-4 Step right  
next to left,  
cross left over  
right, point right  
toe to right  
5&6 Cross right  
over left, step  
left to left, cross  
right over left

&7&8 Step left  
to left, cross  
right over left,  
step left to left,  
cross right over  
left

**SYNCOATED  
JAZZ BOX  
WITH POINT,  
CROSS  
SHUFFLES TO  
RIGHT**

1-2 Cross left  
over right, step  
back on right  
&3-4 Step left  
next to right,  
cross right over  
left, point left  
toe to left  
5&6 Cross left  
over right, step  
right to right,  
cross left over  
right  
&7&8 Step right  
to right, cross  
left over right,  
step right to  
right, cross left  
over right

**ROCKING  
ROGER  
RABBITS**

&1&2 Scoot  
back on left,  
step back on  
right behind left,  
scoot back on  
right, step back  
on left behind  
right  
&3&4 Scoot  
back on left,  
step back on  
right, rock  
forward on left,  
rock back on  
right  
&5&6 Scoot  
back on right,  
step back on left  
behind right,  
scoot back on  
left, step back  
on right behind  
left

&7&8 Scoot  
back on right,  
step forward on  
left, rock back  
on right, rock  
forward on left

**1/2**

**MONTEREY  
TURN RIGHT,  
HEEL AND  
TOE**

**SWITCHES**

1-4 Touch right  
toe to right, on  
ball of left turn  
1/2 right and  
place right next  
to left, touch left  
to left, step left  
next to right

5&6 Touch right  
heel diagonally  
forward, step  
right next to left,  
touch left heel  
diagonally  
forward

&7&8 Step left  
next to right,  
touch right toe  
behind left,  
place right next  
to right, touch  
left heel  
diagonally  
forward

**1/4**

**MONTEREY  
TURN RIGHT,  
HEEL AND  
TOE**

**SWITCHES**

&1-4 Step left  
next to right,  
touch right toe  
to right, on ball  
of left turn 1/4  
right and step  
right next to left,  
touch left to left,  
step left next to  
right

5&6 Touch right  
heel diagonally  
forward, step  
right next to left,  
touch left heel  
diagonally  
forward

&7&8 Step left  
next to right,  
touch right toe  
behind left, step  
right next to left,  
touch left heel  
diagonally  
forward

**RIGHT ROCK,  
LEFT CROSS  
SHUFFLE,  
LEFT ROCK,  
RIGHT CROSS  
SHUFFLE**

&1-2 Step left  
next to right,  
rock right to  
right, recover  
weight on left

3&4 Cross right  
over left, step  
left to left, cross  
right over left

5-6 Rock left to  
left, recover  
weight on right

7&8 Cross left  
over right, step  
right to right,  
cross left over  
right

**1/2 PIVOT  
LEFT,  
FORWARD  
RIGHT  
SHUFFLE,  
FORWARD  
ROCK, TRIPLE  
3/4 TURN  
LEFT**

1-2 Step  
forward on right,  
pivot 1/2 left

3&4 Step  
forward on right,  
place left next to  
right, step  
forward on right

5-6 Rock  
forward on left,  
recover weight  
on to right  
7&8 3/4 turn  
left, stepping left  
right left

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