

# Hitting The Beat

**COPPERKNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: David Sickles (USA)  
音樂: Mail Myself To Mexico - Buddy Jewell



## SIDE SHUFFLE WITH BACK ROCK STEPS

1&2      Step right to the right, step left next to right, step right to the right  
3-4      Rock back on left, step forward on right  
5&6      Step left to the left, step right next to left, step left to the left  
7-8      Rock back on right, step forward on left

## POINT & CROSS TWICE, TWO KICK BALL STEPS FORWARD

1-2      Point right toe to right side, cross right over left  
3-4      Point left toe to left side, cross left over right  
5&6      Kick right foot forward, step right next to left, step forward on left  
7&8      Kick right foot forward, step right next to left, step forward on left

**Beginners may continue the point & cross for counts 5&6 and 7&8 making the counts 5, 6, 7, 8**

## ROCK FORWARD, SHUFFLE BACK, ROCK BACK, SHUFFLE FORWARD

1-2      Rock forward on right foot, step back on left  
3&4      Step back on right, step left next to right, step back on right  
5-6      Rock back on left foot, step forward on right  
7&8      Step forward left, step right next to left, step forward on left

**More advanced dancers may do lock steps back and forward for counts 3&4 and 7&8**

## QUARTER TURN LEFT PIVOT STEP, CROSS OVER & STEP BACK TWICE

1-2      Step right foot forward, turn  $\frac{1}{4}$  left and step on left  
3-4-5      Cross right over left, step back on left, step back on right  
6-7-8      Cross left over right, step back on right, step back on left

**REPEAT**