

# Contagious

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate/Advanced  
編舞者: Tina Argyle (UK)  
音樂: Smells Like Teen Spirit - Paul Anka



## **MONTEREY ½ TURN, TOUCH, LEFT MONTEREY ¾ TURN, TOUCH FORWARD**

- 1-2      Point right to right side, ½ turn right stepping right at side of left
- 3-4      Point left to left side, touch left at side of right
- 5-6      Point left to left side, ¾ turn left stepping left at side of right
- 7-8      Point right to right side, tap right toe forward

## **BALL CHANGE, BRUSH, BRUSH, TAP ACROSS, RIGHT SHUFFLE FORWARD, STEP ¾ PIVOT TURN, STEP**

- &9-10      Step right at side of left, step forward, left, brush right foot forward
- 11-12      Brush right across left, tap right toe across left, (on out side of left foot,)
- 13&14      Step forward, right, close left at side of right, step forward, right
- 15      Step forward, left
- 16&      ¾ pivot turn right onto right, step left at side of right, (\* re-start here 3rd wall)

## **STEP FORWARD, RIGHT, BRUSH, BRUSH, TAP ACROSS, LEFT SHUFFLE FORWARD, STEP ¾ TURN**

- 17-18      Step forward, right, brush left foot forward
- 19-20      Brush left across right, tap left toe across right, (on outside of right foot)
- 21&22      Step forward, left, close right at side of left, step forward, left
- 23-24      Step forward, right, ¾ pivot turn left onto left

## **BALL CROSS, SIDE, BEHIND, SIDE ROCK RIGHT, RECOVER, BEHIND, BALL CROSS, LONG STEP LEFT**

- &25-26      Step right to right side, cross left over right, step right to right side
- 27-28      Cross left behind right, rock right to right side
- 29-30      Recover weight onto left, cross right behind left
- &31-32      Step left to left side, cross right over left, take long left step to left side

**Restart here 5th wall**

## **RIGHT ROCK BACK, RECOVER, SIDE STEP, LEFT ROCK BACK, RECOVER, SIDE STEP, BEHIND, ¼ TURN LEFT**

- 33-34      Rock right behind left, recover weight onto left
- 35-36      Step right to right side, rock left behind right
- 37-38      Recover weight onto right, step left to left side
- 39-40      Cross right behind left, make ¼ turn left stepping forward, left

## **ROCK FORWARD, RECOVER, 1 ½ TURN RIGHT, STEP FORWARD LEFT, LUNGE TO RIGHT DIAGONAL**

- 41-42      Rock forward onto right, recover weight onto left
- 43-44      ½ turn right stepping forward onto right, ½ turn right stepping back left
- 45-46      ½ turn right stepping forward, right, step forward, left
- 47-48      Lunge right to right diagonal, recover weight onto left

## **ROCK BACK, RECOVER, DIAGONAL LUNGE, BEHIND, ¼ TURN LEFT, ¾ UNWIND LEFT**

- 49-50      Rock back right, recover weight onto left
- 51-52      Lunge right to right diagonal, recover weight onto left
- 53-54      Cross right behind left, ¼ turn left stepping forward, left
- 55-56      Cross right over left, ¾ unwind turning left finishing with weight on left

**SIDE, BEHIND, ¼ TURN RIGHT, ¾ UNWIND RIGHT, SIDE, BEHIND ¼ TURN LEFT**

57-58 Step right to right side, cross left behind right

59-60 ¼ turn right stepping forward, right, cross left over right

61-62 ¾ unwind turning right finishing with weight on right, step left to left side

63-64 Cross right behind left, make ¼ turn left stepping forward, onto left

**REPEAT**

**RESTART**

On wall 3, dance (16&) then start from the beginning of dance

On wall 5, dance (&31) then step forward left instead of long step to left side. Start from beginning of dance

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