

Beyond Ordinary

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
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音樂: You Don't Have to Go Home - Gretchen Wilson



STEP LEFT, BEND, STRAIGHTEN AND SHOULDER PUMPS

- 1-4 Step left foot out to left, slowly bend left leg leaning to left side hands on upper thighs
- & Start to slowly straighten left leg to standing position while pumping right shoulder up and left shoulder down (shoulder pumps start between counts 4-5 on the & count)
- 5 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
- & Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
- 6 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
- & Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
- 7 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
- & Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
- 8 Finish straightening left leg while pumping left shoulder up and right shoulder down

BEND, STRAIGHTEN AND SHOULDER PUMPS

- 1-4 Slowly bend right leg leaning to right side, hand on upper thighs
- & Start to slowly straighten right leg to standing position while pumping right shoulder up and left shoulder down (shoulder pumps start between counts 4-5 on the & count)
- 5 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
- & Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
- 6 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
- & Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
- 7 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
- & Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
- 8 Finish straightening left leg while pumping left shoulder up and right shoulder down

¼ TURN, 2X, 1/8 TURN, 4X

- & ¼ turn left while pumping right shoulder up and left shoulder down
- 1 Touch right toe to right side while pumping left shoulder up and right shoulder down
- 2 Hold
- & ¼ turn left while pumping right shoulder up and left shoulder down
- 3 Touch right toe to right side while pumping left shoulder up and right shoulder down
- 4 Hold
- & 1/8 turn left while pumping right shoulder up and left shoulder down
- 5 Touch right toe to right side while pumping left shoulder up and right shoulder down
- & 1/8 turn left while pumping right shoulder up and left shoulder down
- 6 Touch right toe to right side while pumping left shoulder up and right shoulder down
- & 1/8 turn left while pumping right shoulder up and left shoulder down
- 7 Touch right toe to right side while pumping left shoulder up and right shoulder down
- & 1/8 turn left while pumping right shoulder up and left shoulder down
- 8 Touch right toe to right side while pumping left shoulder up and right shoulder down

STEP, HOLD, STEP, HOLD, STEP, STEP, STEP, HANDS

- 1-2 Step right foot forward, hold
- 3-4 Step left foot forward, hold
- 5-6 Step right foot forward, step left foot forward
- 7-8 Step right foot forward, elbows out hands up at face level (like a goal post on a football field)

SLOW BEND, SLOW ½ TURN, STRAIGHTEN UP

- 1-4 Slowly bend legs keeping hands in "goal post" position
5-8 Slowly pivot $\frac{1}{2}$ turn left and slowly straighten up bringing hands down

VINE RIGHT, TOUCH LEFT, 3-STEP TURN LEFT, STEP RIGHT

- 1-4 Step right foot to right, cross-step left foot behind right foot, step right foot to right, touch left foot beside right foot
5-8 Turn $\frac{1}{4}$ left stepping forward on left foot, turn $\frac{1}{2}$ left on left foot stepping back on right foot, turn $\frac{1}{4}$ left on right foot stepping left foot to left side, step right foot next to left foot

REPEAT
