

# Panama City

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Paula Baker (USA) - April 2010  
音樂: Panama City Nights - Jimmy Watford : (one small 2-ct tag)



## Alt. Music:

"This Time I'm Takin' My Time" by Neal McCoy (no tag)

"In A Heartbeat" by Rodney Atkins (no tag)

"I Run To You" by Lady Antebellum (no tag)

## SIDE TOGETHER, SHUFFLE FORWARD, SIDE TOGETHER SHUFFLE BACK

1-2            Step right to side, step left together  
3&4           Shuffle forward - right, left, right  
5-6           Step left to side, step right together  
7&8           Shuffle back - left, right left

## ROCK RECOVER, SHUFFLE FORWARD, ROCK RECOVER 3/4 TURN SHUFFLE LEFT

1-2            Rock back right, recover forward left  
3&4           Shuffle forward - right, left, right  
5-6           Rock forward left, recover back right  
7&8           Shuffle 3/4 turn left - left, right, left (3:00)

## SIDE ROCK, RECOVER, CROSS SHUFFLE, 3/4 TURN RIGHT, SHUFFLE FWD.

1-2            Rock right to right side, recover on left  
3&4           Right cross shuffle - right, left, right  
5-6           Step back 1/4 turn right on left, 1/2 turn right on right  
7&8           Shuffle forward - left, right, left (12:00)

## ROCK RECOVER, 1/2 SHUFFLE RIGHT, 1/4 TURN RIGHT, CROSS SHUFFLE

1-2            Rock forward on right, recover on left  
3&4           Shuffle 1/2 turn right - right, left, right  
5-6           Step forward on left, 1/4 turn to right on right  
7&8           Cross shuffle - left, right, left (9:00)

## TAG: At the end of wall 4 facing front wall (12:00)

1-2            Touch right out to side, touch right in next to left

E-mail choreographer re: "Panama City Nights". ([punkyncoco@aol.com](mailto:punkyncoco@aol.com))