

# Recipe For Life!!

**COPPER KNOB**  
STEPPERS

拍數: 32

牆數: 4

級數: High Beginner / Very Low  
Intermediate



編舞者: Earleen Wolford (USA) - January 2012

音樂: Grandpa's Recipe - Charlie Allen

Start on Lyrics (any 2 step beat works great!)

Pattern for 'Grandpa's Recipe': 32, 32, 8, 4 ct tag (you repeat 5-8), restart, 32's till the end

Other music: Measure of a Man by Kevin Sharp (Country), Swingin' by Blu Cantrell (NonCountry)

**[1-8] STEP R FORWARD, ¼ TURN L, STOMP R, REPEAT TO R, ROCK R FORWARD, STOMP, REPEAT TO R**

1&2 Step R forward (1), ¼ Turn L, while pivoting on L (&), Stomp R next to L (2) (R takes wt)  
3&4 Step L forward (3), ¼ Turn R, while pivoting on R (&), Stomp L next to R (4) (L takes wt)  
(12:00)  
5&6 Rock R Forward, slightly over L (5), Recover on L (&), Stomp R next to L (6)  
7&8 Rock L Forward, slightly over R (7), Recover on R (&), Stomp L next to R (8) (L takes wt)  
(12:00)

**[9-16] WALK BACK, COASTER STEP, WALK FORWARD, L FORWARD, ¼ TURN R, STOMP**

9&10 Step Back on R (9), Step Back on L (10)  
11&12 Step Back on R (11), Step L next to (&), Step Forward R (12)  
13,14 Step L Forward (13), Step R Forward (14)  
15&16 Step L Forward (15), Pivot on L, ¼ Turn R (&), Stomp L next to R (16) (3:00)

**[17-24] SYCOPATED WEAVE VINE R, STOMP L 2X, SYCOPATED WEAVE VINE L, STOMP R 2X**

17&18&19&20 Step R to R (17), Step L slightly behind R (&), Step R to R (18), Cross L over R (&), Step R to R (19), Stomp L up, next to R 2X (&,20) (R takes wt)  
21&22&23&24 Step L to L, (21), Step R slightly behind L (&), Step L to L (22), Cross R over L (&), Step L to L (23), Stomp R up, next to L 2X (&,24) (L takes wt) (3:00)

**[25-32] R TOE HEEL TOUCH, STOMP, L TOE HEEL TOUCH, STOMP, WALKS, TOUCH**

25&26 Touch R Toe in (25), Touch R Heel out (&), Stomp R, slightly forward (26) (R takes wt)  
27&28 Touch L Toe in (27), Touch L Heel out (&), Stomp L, slightly forward (28) (L takes wt)  
29,30 Step R Forward (29), Step L Forward (30)  
31&32 Step R Forward (31), Step L Forward (&), Touch R toe next to L (L takes wt) (3:00)

Begin again!

4 ct tag, happens on the 3rd wall. (see Pattern)

Enjoy my dance & have FUN stomping it up, to this great music with Charlie's awesome voice! "GottaDance"!!  
Also, please feel free to use other music to do my dance, country or non country will work!