

# My Parachute

**COPPER** KNOB  
BY STEPHEN METZ

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Robbie Black (USA) - April 2017

Musik: Parachute - Chris Stapleton



Intro: 36 cts

Tag: one 4 ct Tag at the end of wall 1 facing 3:00 sway right,left,right,left and start dance again and at the end of wall 5 facing 3:00 sway right,left,right,left and start dance again

## BACK ROCK RECOVER,SHUFFLE FORWARD,FORWARD ROCK RECOVER,1/4 SHUFFLE TURN TO THE LEFT

- 1,2 Back rock onto right(1),recover onto left weight left(2)  
3&4 Shuffle forward stepping onto right(3),step onto left(&),step right slightly forward weight right(4)  
5,6 Rock Forward onto left(5),recover onto right weight right(6)  
7&8 Turn 1/4 turn to your left stepping onto left(7),step onto right(&),step slightly to your left weight left(8) 9:00

## CROSS STEP SIDE,BEHIND SIDE CROSS,SIDE ROCK RECOVER,BEHIND SIDE CROSS

- 1,2 Cross right over left weight right(1),step left slightly to left side weight left(2)  
3&4 Step right behind left weight right(3),step left slightly to left side(&),cross right over left weight right(4)  
5,6 Side rock onto left(5),recover onto right weight right(6)  
7&8 Step left behind right weight left(7),step right slightly to right side(&), cross left over right weight left(8) 9:00

## 1/2 TURN LEFT,SHUFFLE FORWARD,FORWARD ROCK RECOVER,BACK COASTER CROSS

- 1,2 Step back 1/4 turn left onto right(1),continue 1/4 turn left stepping onto left weight left(2) 3:00  
3&4 Shuffle forward stepping onto right(3),step onto left(&),step right slightly forward weight right(4)  
5,6 Rock forward onto left(5),recover onto right weight right(6)  
7&8 Step back onto left weight left(7),step right next to left(&),cross left over right weight left(8) 3:00

## STEP SIDE TOGETHER,SHUFFLE FORWARD,STEP SIDE TOGETHER,SHUFFLE BACK...aka RUMBA BOX

- 1,2 Step side to right side(1),step left together next to right(2)  
3&4 Shuffle forward stepping onto right(3),step onto left next to right(&),step right slightly forward weight right(4)  
5,6 Step left to left side(5),step right next to left(6)  
7&8 Shuffle back stepping onto left(7),step onto right next to left(&),step left slightly back weight left(8) 3:00

Start Again

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