

# The Worst 15 Minutes of My Life

**COPPER** **KNOB**  
BY STEPHEN

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Jo Boocock (NZ) & Bex Roper (NZ) - March 2021

Musik: 15 Minutes - Rodney Atkins



Intro - 32 count - no tags  
Starts on word "Smoking"

## [1-8] Heel Grind, Rock, Recover, Repeat

1,2,3,4 Grind R heel forward, Recover on Left, Rock Back on Right, Recover forward on left  
5,6,7,8 Grind R heel forward, Recover on Left, Rock Back on Right, Recover forward on left

## [9-16] Step Touch, Step Touch, Vine Right, Touch

1,2,3,4 R step forward on diagonal, L touch beside R, L step forward on diagonal, R touch beside L  
5,6,7,8 R step R, L behind R, R step R, L touch beside R

## [17-24] Vine Left into ¼ Turn L with Scuff, Rocking Chair

1,2,3,4 L Step L, R Behind L, L step into ¼ Turn L, R scuff beside L  
5,6,7,8 R rock forward, recover on L, R rock back, recover on L

## [24-32] Jazz Square, Heel Twists, R,C,R,C

1,2,3,4 R cross over L, L step Back, R step R, L Step beside R  
5,6,7,8 Twist both heels R, Centre, R, Centre Ending

On wall 8, after 12 counts: R step to R, L behind R with ¼ L, step R fwd to finish facing 12:00.

Dance edit, email: [jobex.bootscoot@gmail.com](mailto:jobex.bootscoot@gmail.com)