

# Train With The Blues

**COPPER KNOB**  
BY STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Upper Beginner

**Choreographer:** Cheryl Hosking (AUS) - August 2009

**Music:** I'm Blue, I'm Lonesome - Marty Stuart : (Album: Tempted)



**Start Position:** Feet together - with weight on L foot.

**Starts on vocals – counts 48 in. Rotation:** Clockwise

## **HEEL STRUT, HEEL STRUT, HEEL STRUT, PADDLE TURN.**

- 1,2 R heel strut- step R heel forward, drop weight onto ball of R foot,
- 3,4 L heel strut- step L heel forward, drop weight onto ball of L foot,
- 5,6 R heel strut- step R heel forward, drop weight onto ball of R foot,
- 7,8 Paddle turn – step L forward, pivot 90 degrees R - weight on R, (3:00 wall)

## **ROCKING CHAIR, FORWARD, TOUCH, SIDE, TOGETHER.**

- 1,2,3,4 L rocking chair – step L forward, rock/replace weight back on R, step L back, Rock / replace weight forward on R,
- 5,6 Step L forward, touch R beside L,
- 7,8 Step R to R side, step L beside R,

## **BACK,CROSS,BACK, TOUCH , SIDE, TOUCH, SIDE, TOUCH.**

- 1,2,3,4 Step R back to R45, step L across in front of R, step R back to R45, touch L beside R,
- 5,6 Step L to L side, touch R beside L,
- 7,8 Step R to R side, touch L beside R,

## **FORWARD, LOCK, FORWARD, TOUCH, VINE R, TOGETHER.**

- 1,2,3,4 Step L forward, step/lock R behind L heel, step L forward, touch R beside L,
- 5,6,7,8 Vine R – step R to R side, step L behind R, step R to R side, step L beside R.

[32]

**REPEAT DANCE IN NEW DIRECTION**

**Finish:** Dance heel struts to the end of music.

**Phone Cheryl 0400 551 221**

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