

# Frame Of Mine

**COPPER KNOB**  
BY SHEETS

**Count:** 24

**Wall:** 4

**Level:** Improver

**Choreographer:** Charles Alexander (SWE) - July 2015

**Music:** Frame of Mine - Blake Shelton : (CD: Based On A True Story - Deluxe Version)



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**Intro:** 24 count, [approx. 18 sec – 90 bpm] Dance starts at main vocals.

**[1 – 6] LEFT WALTZ BOX (FORWARD, SIDE, TOGETHER, BACK, SIDE, TOGETHER)**

1-2-3 Step left forward. Step right to right side. Step left beside right.

4-5-6 Step right back. Step left to left side. Step right beside left.

**\*Restart here during wall 5\***

**[7 – 12] FORWARD ROCK, RECOVER, TOGETHER, RIGHT STEP, LEFT STEP, COLLECT 1/4 TURN, SIDE RIGHT**

1-2-3 Rock left forward. Recover onto right. Step left beside right.

4-5&6 Step right forward. Step left forward. Make 1/4 turn right while collecting right beside left (no weight). Step right to right side. [3:00]

**[13 – 18] LEFT TWINKLE, CROSS ROCK, RECOVER, SIDE RIGHT**

1-2-3 Cross left over right. Step right diagonally forward right. Step left diagonally forward left.

4-5-6 Rock right over left. Recover onto left. Step right to right side.

**[19 – 24] MODIFIED MONTEREY (CROSS LEFT, POINT RIGHT, HOLD, 1/2 TURN TOGETHER, SIDE ROCK, RECOVER)**

1-2-3 Cross left over right. Point right toes to right side. Hold one count.

4-5-6 Make 1/2 turn right stepping right beside left. Rock left to left side. Recover onto right. [9:00]

**Restart:** During wall 5 (facing 12:00).

**Dance the first section then Restart dance. This will make you dance the first section twice in a row.**

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