

# Sand In The Bed

**COPPER** **KNOB**  
BY STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Kathy Brown (USA) - August 2017

Music: Sand in the Bed - Hudson Moore : (amazon)



#32ct into

**RIGHT ROCK, RECOVER, LEFT ROCK, RECOVER, RIGHT TRIPLE FORWARD, LEFT ROCK, RECOVER, LEFT ½ TURN**

- 1-2& Rock forward right, recover left, step right next to left
- 3-4& Rock forward left, recover right, step left next to right
- 5&6 Step right forward, lock left behind right, step right forward
- 7&8 Rock left forward, recover right, turn ½ left stepping forward on left

**RIGHT FWD, LOCK LEFT, RIGHT FWD, ROCK, RECOVER, ¼ LEFT, LEFT WEAVE**

- 1-2& Step right forward, lock left behind right, step right forward
- 3-4& Rock forward left, recover right, turning ¼ left step left to side

**Wall 2 & 6 – Restart after count 12**

- 5-6& Cross right over left, step left to side, step right behind left
- 7&8 Step left to side, cross right over left, step left to side

**Walls 4 & 5 Dance 16 counts and Restart**

**RIGHT ROCK, RECOVER, STEP RIGHT, LEFT ROCK, RECOVER ¼ LEFT, WALK RIGHT, LEFT, RIGHT KICK BALL, LEFT POINT**

- 1-2& Rock right behind left, recover left, step right to side
- 3-4& Rock left behind right, recover right, step left ¼ left
- 5-6 Walk forward right, left
- 7&8 Kick right forward, step down right, point left to side

**LEFT VAUDVILLE, & CROSS RIGHT OVER LEFT, LEFT TO SIDE, RIGHT ROCK, RECOVER ¼ RIGHT, TRIPLE FORWARD**

- 1&2 Cross left over right, step right to side, tap left heel forward
- &3-4 Step left down, cross right over left, step left to side
- 5&6 Rock right behind left, recover left, step right ¼ right
- 7&8 Step left forward, step right next to left, step left forward

**Tag: End of wall 8, add 4 cts...Step right forward sway hips forward, back, forward, back (weight on left)**

Special thank you to Melanie Cheever for proofreading the step sheet and helping me tweek it while I'm down with a bum ankle.

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