

# I'm a Trainwreck

**COPPER** **NOB**  
BY STEPSHEETS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Melanie SAROCCHI (FR) - June 2024

Music: Story of a Trainwreck - The Lacs



**Intro: 32 counts - No Tag, No Restart**

**[1-8] SHUFFLE FWD, ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER,**

- 1&2 Step R forward, step L together R, Step R forward
- 3-4 Rock step L forward, recover on R
- 5&6 Step L forward, step R together L, Step L forward
- 7-8 Rock step R back, recover on L

**[9-16] CROSS POINT (x4)**

- 1-2 Cross step R over L, point L to left side
- 3-4 Cross step L over R, point R to right side
- 5-6 Cross step R over L, point L to left side
- 7-8 Cross step L over R, point R to right side

**[17-24] CROSS ROCK, SHUFFLE SIDE to R, CROSS ROCK, SHUFFLE SIDE to L**

- 1-2 Cross step R over L, recover on L
- 3&4 Step R to right side, step L together R, step R to right side
- 5-6 Cross step L over R, recover on R
- 7&8 Step L to left side, step L together R, Step L to left side

**[25-32] STEP ¼ TURN to L (x2), HEEL FWD, HOOK, HEEL FWD, FLICK OUT**

- 1-2 Step R forward, ¼ turn to left side
  - 3-4 Step R forward, ¼ turn to left side (6:00)
  - 5-6 Heel R forward, hook R over L
  - 7-8 Heel R forward, flick R out
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