

(Two Scoops) Brown Rice & Gravy (& Hold The Mac)

COPPER KNOB
STEPSHEETS

Count: 64

Wall: 1

Level: Improver

Choreographer: Clifford Angelias (USA)

Music: Helena - Danny Estocado



This dance is dedicated to Cindy & John Gardner, who bring their own special Aloha to our Ohana

DOUBLE RUMBA BOX, X4

- 1-2 Step left forward, hold/touch right next to left
- 3-4 Step right to right side, step left next to right
- 5-6 Step right back, hold/touch left next to right
- 7-8 Making ¼ turn to left, step left forward, step right next to left
- 9-16 Repeat steps 1-8 above
- 17-24 Repeat steps 9-16 above
- 25-32 Repeat steps 17-24 above (now facing original wall)

STEP, LOCK-STEP, STEP, HOLD TWICE

- 33-36 Step left forward; step-lock right behind & to left of left, step left forward, hold
- 37-40 Repeat steps 33-36 starting on right foot

BACK CROSS TOUCH X4

- &41-42 Step left back on left diagonal, cross right over left and touch right toe, hold
- &43-44 Step right back on right diagonal, cross left over right and touch left toe, hold
- &45-46 Step left back on left diagonal, cross right over left and touch right toe, hold
- &47-48 Step right back on right diagonal, cross left over right and touch left toe, hold

VINE LEFT, VINE RIGHT

- 49-52 Vine left: step left to left side; step right behind left; step left to left side; touch right in front of left
- 53-56 Vine right: repeat to right side

KNEE POPS TWICE

- 57 Step left slightly to left side and pop right knee
- 58 Shift weight to right and pop left knee
- 59 Shift weight to left and pop right knee
- 60 Hold
- 61-64 Repeat steps 57-60 on right

REPEAT
