

# I've Fallen And Can't Get Up

**COPPERKNOB**  
BY STEPHENETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: John Dembiec (USA)

Music: I Slipped and Fell In Love - Alan Jackson



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## DIAGONAL STEPS FORWARD AND SCUFF (TWICE)

- 1-2 Step right forward to right diagonal, step left next to right
- 3-4 Step right forward to right diagonal, scuff left past right
- 5-6 Step left forward to left diagonal, step right next to left
- 7-8 Step left forward to left diagonal, scuff right past left

## ¼ TURN JAZZ BOX, SCUFF, JAZZ BOX, SCUFF

- 1-2 Step right across left, step left back
- 3-4 Step right to right making ¼ turn right, scuff left past right
- 5-6 Step left across right, step right back
- 7-8 Step left next to right, scuff right past left

## SIDE ROCKS, ¼ TURN, STEP

- 1-2 Rock right to right, replace back to left
- 3-4 Step right behind left, rock left to left
- 5-6 Replace back to right, step left behind right
- 7-8 Step right to right making ¼ turn right, step left next to right

## TOE-HEEL STRUTS, ¼ TURN JAZZ BOX

- 1-2 Touch right toe to right, place right heel down
- 3-4 Cross and touch left toe over right, place left heel down
- 5-6 Step right across left, step left back
- 7-8 Step right to right making ¼ turn right, step left next to right

**REPEAT**

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