

# A Little Dose of You

COPPER KNOB  
BY SHEETS

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Kim Robertson, Helen Lister & Kirsteen Currie (UK) - October 2017

Musique: Pain Killer - Little Big Town



Intro: 16 counts

## Section 1: walk, walk, anchor step, sweep back, sailor 1/4 turn

- 1-2 Walk forward right , walk forward left  
3&4 Cross right behind left, Step left on Place, Step Slightly back right  
5-6 Sweep left from front to back, step back slightly, sweep right from front to back slightly  
7&8 Cross left behind right, ¼ turn left stepping right to right side, step left to left side \*\*

## Section 2: Cross rock, step, cross rock, step, cross, back, chasse 1/4 turn

- 1&2 Cross rock right over left, recover on left, step right to right side  
3&4 Cross rock left over right, recover on right, step left to left side  
5-6 Cross right over left, step back on left  
7&8 1/4 Turn stepping right to right side, step left next to right, step right to right side

## Section 3: Cross and heel, rocking chair, side rock, cross & cross, 1/2 turn

- 1&2 Cross left over right, step back on right, touch left heel forward  
&3&4 Step left next to right, rock forward on right, recover onto left, rock back on right  
&5&6 Recover onto left, Rock right to right side, recover on left, cross right over left  
&7-8 Step left to left side, cross right over left (body angled to left diagonal), unwind 1/2 turn left to face left diagonal taking weight on left

## Section 4: Triple full turn, rock 1/4 cross , point out, in, hitch & rock & step

- 1&2 Traveling forward to left diagonal, tripple full turn left, stepping right, left, right  
3&4 Rock left to left side, recover onto right straightening up (6o'clock) , Cross left over right  
5&6 Point right to right side, touch right next to left, hitch right knee  
&7&8 Step down on right foot, rock left to left side, recover onto tight, Step left next to right taking weight

\*\*Restart - Wall 7

Dance the first 8 counts, replacing 7&8 (sailor 1/4 Turn) with a coaster Step in place and Restart the dance

Contact: [Kirsteen91@yahoo.com](mailto:Kirsteen91@yahoo.com)