

# From Mom and Dad

**COPPER** **KNOB**  
STEPSHEETS

Compte: 64

Mur: 2

Niveau: Phrased Intermediate (Catalan Style)



Chorégraphe: Simone Surdic (IT) - September 2019

Musique: Crazy Beautiful Life - Scott Chesak & Thomas Hien

**\*\*3rd Place The Best Of The West Catalan Cup VCF 2018 Level Intermediate  
Dedicated to Virgi & Cate from Mom and Dad with love**

Sequence: Intro - A1 - B - Tag1 - A2 - Tag2 - A1 (only the last 8 count) - B - A3 - B - Tag1 (only 24 count) - Final

The Dance Starts After The First 16 Counts Of The Music.

(L) Left, (R) Right

Intro (16 Count)

**SECT. 1 – STEP-LOCK-STEP (R-L-R), SCUFF (L), STEP-LOCK-STEP (L-R-L), SCUFF (R), STEP (R) DIAG FORWARD, STOMP UP (L), STEP (L) DIAG BACK, STOMP UP (R), TOE STRUT (R) ½ TURN RIGHT, TOE STRUT (L) ½ TURN RIGHT**

- &1-&2 Step Right Forward, Lock Left Behind Right - Step Right Forward, Scuff Left Beside Right
- &3-&4 Step Left Forward, Lock Right Behind Left - Step Left Forward, Scuff Right Beside Left
- &5-&6 Step Right Diagonally Forward To The Right, Stomp Up Left Beside Right - Step Left Diagonally Back To The Left, Stomp Up, Right Beside Left
- &7-&8 Turn ½ Right On Left And Step Forward On Right Toe, Drop Right Heel Down - Turn ½ Right And Step Back On Left Toe, Drop Left Heel Down

**SECT. 2 – JUMPING ROCK BACK (R), STOMP (R), HOLD, JUMPING ROCK BACK (L), STOMP (L), HOLD, APPLEJACKS (L&R), SWIVETS (L&R)**

- &1-&2 Jumping Rock Back On Right, Return Onto Left - Stomp Right Beside Left, Hold
- &3-&4 Jumping Rock Back On Left, Return Onto Right - Stomp Left Beside Right, Hold
- &5-&6 Swivel Left Toe To Left & Right Heel To Left, Return In Place - Swivel Right Toe To Right & Left Heel To Right, Return In Place
- &7-&8 Swivet Left Toe To Left & Right Heel To Right, Return In Place - Swivet Right Toe To Right & Left Heel To Left, Return In Place

**PART A1 (32 Count)**

**SECT. 1 – HOOK COMBINATION (R), STOMP (R), KICK (L), SWIVET (L), WAVE (L), STEP (L) FORWARD ¼ TURN LEFT, HOLD, STOMP (R)**

- &1-&2 Kick Right Forward, Hook Right Over Left - Kick Right Forward, Stomp Right Beside Left
- &3-&4 Kick Left Forward, Return Left In Place - Swivet Right Toe To The Right, Return In Place
- &5-&6 Step Left To The Left, Cross Right Behind Left - Step Left To The Left, Cross Right Over Left
- &7-8 Turn ¼ Left On Right And Step Left Forward, Hold - Stomp Right Beside Left

**SECT. 2 – JAZZ BOX (R), VAUDEVILLE (R) ½ + ¼ TURN RIGHT, TOE STRUT (L) ½ TURN RIGHT, ROCK (R) FORWARD ½ TURN RIGHT, STEP (R) FORWARD ½ TURN RIGHT, HOLD, STOMP (L)**

- &1-&2 Cross Right Over Left, Step Left Slightly Back – Right To The Right, Hold
- &3-&4 Cross Right Over Left, Turn ½ Right And Step Left Diagonally Back To The Left - Touch Right Heel Diagonally Forward To The Right, Turn ¼ Right And Drop Right Toe
- &5-&6 Turn ½ Right On Right And Step Back On Left Toe, Drop Left Heel Down - Turn ½ Right On Left And Rock Forward On Right, Return Onto Left
- &7-8 Turn ½ Right On Left And Step Right Forward, Hold - Stomp Left Beside Right

**SECT. 3 – STEP-LOCK-STEP (R-L-R), SCUFF (L), STEP-LOCK-STEP (L-R-L), HOLD, VAUDEVILLES (R&L)**

- &1-&2 Step Right Forward, Lock Left Behind Right - Step Right Forward, Scuff Left Beside Right
- &3-&4 Step Left Forward, Lock Right Behind Left - Step Left Forward, Hold
- &5-&6 Cross Right Over Left, Step Left Diagonally Back To The Left - Touch Right Heel Diagonally Forward To The Right, Step Right On Place
- &7-&8 Cross Left Over Right, Step Right Diagonally Back To The Right - Touch Left Heel Diagonally Forward To The Left, Step Left On Place

**SECT. 4 – TOE STRUT (R) ½ TURN LEFT, ROCK (L) FORWARD ½ TURN LEFT, STEP (L) FORWARD ½ TURN LEFT, HOLD, SCUFF (R), ½ TURN LEFT, HOOK (L) BACK, STOMP (L) TO LEFT, HOOK (R) BACK, STOMP (R) TO RIGHT, HOOK (L) BACK, STOMP (L) TO LEFT, HOLD**

- &1-&2 Turn ½ Left On Left And Step Back On Right Toe, Drop Right Heel Down - Turn ½ Left On Right And Rock Forward On Left, Return Onto Right
- &3-&4 Turn ½ Left On Right And Step Left Forward, Hold - Scuff Right Beside Left, Turn ½ Left And Step Right Back
- &5-&6 Hook Left Back, Stomp Left To The Left - Hook Right Back, Stomp Right To The Right Back
- &7-8 Hook Left, Stomp Left To The Left - Hold

**PART A2 (24 Count)**

**SECT. 1 – HOOK COMBINATION (R), STOMP (R), KICK (L), SWIVET (L), GRAPEVINE LEFT ¼ TURN, HOLD, STOMP (R), HOLD**

Replace The Last 4 Count Of Sect. 1 of A1 With:

- &5-&6 Step Left To The Left, Cross Right Behind Left - Turn ¼ Left On Right And Step Left Forward, Hold
- 7-8 Stomp Right Beside Left - Hold

**SECT. 2 – JAZZ BOX (R), VAUDEVILLE (R) ½ + ¼ TURN RIGHT, TOE STRUT (L) ½ TURN RIGHT, ROCK (R) FORWARD ½ TURN RIGHT, STOMP (R) TO RIGHT, HOLD**

Replace The Last 2 Count Of Sect. 2 of A1 With:

- 7-8 Stomp Right To The Right - Hold

**SECT. 3 – STEP-LOCK-STEP (R-L-R), SCUFF (L), STEP-LOCK-STEP (L-R-L), HOLD, VAUDEVILLES (R&L)**

**PART A3 (32 Count)**

**SECT. 1 – HOOK COMBINATION (R), STOMP (R), KICK (L), SWIVET (L), WAVE (L), STEP (L) FORWARD ¼ TURN LEFT, HOLD, STOMP (R)**

**SECT. 2 – JAZZ BOX (R), VAUDEVILLE (R) ½ + ¼ TURN RIGHT, STOMP (L) TO LEFT ½ TURN RIGHT, HOLD, STOMP (R) TO RIGHT ½ TURN RIGHT, HOLD**

Replace The Last 4 Count Of Sect. 2 of A1 With:

- 5-6 Turn ½ Right On Right And Stomp Left To The Left - Hold
- 7-8 Turn ½ Right On Left And Stomp Right To The Right - Hold

**SECT. 3 – STEP-LOCK-STEP (R-L-R), SCUFF (L), STEP-LOCK-STEP (L-R-L), HOLD, VAUDEVILLES (R&L)**

**SECT. 4 – TOE STRUT (R) ½ TURN LEFT, ROCK (L) FORWARD ½ TURN LEFT, STEP (L) FORWARD ½ TURN LEFT, HOLD, SCUFF (R), ½ TURN LEFT, HOOK (L) BACK, STOMP (L) TO LEFT, HOOK (R) BACK, STOMP (R) TO RIGHT, HOOK (L) BACK, STOMP (L) TO LEFT, HOLD**

**PART B (32 Count)**

**SECT. 1 –KICK (R) DIAG, HOOK (L), KICK (R) DIAG, KICK (L) DIAG, JAZZ BOX (L), HOLD, ROCK (R) FORWARD, STEP (R) BACK, HOLD, JUMPING ROCK BACK (L), STOMP (L) FORWARD, STOMP (R)**

- &1-&2 (Jumping To The Right) Kick Right Diagonally Forward To The Right, Return Onto Right And Left Hook - Step Left Slightly Back And Kick Right Diagonally Forward To The Right, Step Right Slightly Back And Kick Left Diagonally Forward To The Right
- &3-&4 Jumping Cross Left Over Right, Step Right Slightly Back And Kick Left Forward - Left To The Left, Hold

- &5-&6 Rock Forward On Right, Return Onto Left - Step Right Back, Hold
- &7-&8 Jumping Rock Back On Left, Return Onto Right - Stomp Left Forward, Stomp Right Beside Left

**SECT. 2 –KICK (L) DIAG, HOOK (R), KICK (L) DIAG, KICK (R) DIAG, JAZZ BOX (R), HOLD, ROCK (L) FORWARD, STEP (L) BACK, HOLD, JUMPING ROCK BACK (R), STOMP (R) FORWARD, STOMP (L)**

- &1-&2 (Jumping To The Left) Kick Left Diagonally Forward To The Left, Return Onto Left And Right Hook - Step Right Slightly Back And Kick Left Diagonally Forward To The Left, Step Left Slightly Back And Kick Right Diagonally Forward To The Left
- &3-&4 Jumping Cross Right Over Left, Step Left Slightly Back And Kick Right Forward - Right To The Right, Hold
- &5-&6 Rock Forward On Left, Return Onto Right - Step Left Back, Hold
- &7-&8 Jumping Rock Back On Right, Return Onto Left - Stomp Right Forward, Stomp Left Beside Right

**SECT. 3 – HEEL STRUTS (R&L), TOE STRUT (R) ½ TURN LEFT, ROCK (L) FORWARD ½ TURN LEFT, TOE STRUTS BACK (L&R), LONG STEP (L) TO THE LEFT ¼ TURN LEFT, SLIDE (R), STOMP (R)**

- &1-&2 Right Heel Forward, Drop Right Toe Down - Left Heel Forward, Drop Left Toe Down
- &3-&4 Turn ½ Left On Left And Step Back On Right Toe, Drop Right Heel Down - Turn ½ Left On Right And Rock Forward On Left, Return Onto Right
- &5-&6 Step Back On Left Toe, Drop Left Heel Down - Step Back On Right Toe, Drop Right Heel Down
- &7-8 ¼ Turn Left And Long Step Left To The Left, Drag Right Heel - Stomp Right Beside Left

**SECT. 4 – ROCKING CHAIR (R), LONG STEP (R) TO THE RIGHT ½ TURN LEFT, SLIDE (L), STOMP (L) FORWARD ¼ TURN LEFT, HOLD**

- 1-2 Rock Forward On Right - Return Onto Left
- 3-4 Rock Back On Right - Return Onto Left
- 5-6 ½ Turn Left And Long Step Right To The Right - Drag Left Heel
- 7-8 ¼ Turn Left And Stomp Left Forward - Hold

**Tag 1 (32 Count)**

**SECT. 1 – ROCKING CHAIRS MODIFIED (R&R), ROCK (R) FORWARD ¼ TURN RIGHT, STEP (R) FORWARD ½ TURN RIGHT, HOLD, SCUFF (L) ¼ TURN RIGHT, STEP (L) FORWARD, TOE TOUCH (R)**

- &1-&2 (Going To The Right) Rock Right Diagonally Forward, Little Step Left To The Right While Returning Onto Left - Rock Right Diagonally Back To The Right, Little Step Left To the Right While Returning Onto Left
- &3-&4 (Going To The Right) Rock Right Diagonally Forward, Little Step Left To The Right While Returning Onto Left - Rock Right Diagonally Back To The Right, Little Step Left To the Right While Returning Onto Left
- &5-&6 Turn ¼ Right On Left And Rock Forward On Right, Return Onto Left - Turn ½ Right On Left And Step Right Forward, Hold
- &7-8 Turn ¼ Right On Right And Scuff Left Beside Right, Step Left Forward - Touch Right Toe Behind Left

**SECT. 2 – JUMPING ROCK BACK (R), STOMP (R), HOLD, JUMPING ROCK BACK (L), STOMP (L), HOLD, APPLEJACKS (L&R), SWIVETS (L&R)**

- &1-&2 Jumping Rock Back On Right, Return Onto Left - Stomp Right Beside Left, Hold
- &3-&4 Jumping Rock Back On Left, Return Onto Right - Stomp Left Beside Right, Hold
- &5-&6 Swivel Left Toe To Left & Right Heel To Left, Return In Place - Swivel Right Toe To Right & Left Heel To Right, Return In Place
- &7-&8 Swivet Left Toe To Left & Right Heel To Right, Return In Place - Return Right Toe To Right & Left Heel To Left, Return In Place

**SECT. 3 – ROCKING CHAIRS MODIFIED (L&L), ROCK (L) FORWARD ¼ TURN LEFT, STEP (L) FORWARD ½ TURN LEFT, HOLD, SCUFF (R) ¼ TURN LEFT, STEP (R) FORWARD, TOE TOUCH (L)**

- &1-&2 (Going To The Left) Rock Left Diagonally Forward To The Left, Little Step Right To The Left While Returning Onto Right - Rock Left Diagonally Back To The Left, Little Step Right To The Left While Returning Onto Right
- &3-&4 (Going To The Left) Rock Left Diagonally Forward To The Left, Little Step Right To The Left While Returning Onto Right - Rock Left Diagonally Back To The Left, Little Step Right To The Left While Returning Onto Right
- &5-&6 Turn ¼ Left On Right And Rock Forward On Left, Return Onto Right - Turn ½ Left On Right And Step Left Forward, Hold
- &7-8 Turn ¼ Left On Left And Scuff Right Beside Left, Step Right Forward - Touch Left Toe Behind Right

**SECT. 4 – JUMPING ROCK BACK (L), STOMP (L), HOLD, JUMPING ROCK BACK (R), STOMP (R), HOLD, APPLEJACKS (R&L), SWIVETS (R&L)**

- &1-&2 Jumping Rock Back On Left, Return Onto Right - Stomp Left Beside Right, Hold
- &3-&4 Jumping Rock Back On Right, Return Onto Left - Stomp Right Beside Left, Hold
- &5-&6 Swivel Right Toe To Right & Left Heel To Right, Return In Place - Swivel Left Toe To Left & Right Heel To Left, Return In Place
- &7-&8 Swivet Right Toe To Right & Left Heel To Left, Return In Place - Swivel Left Toe To Left & Right Heel To Right, Return In Place

**Tag 2 (2 Count)**

**SECT. 1 – HEELS (R&L)**

- &1-&2 Right Heel Touch Forward, Step Right On Place - Left Heel Touch Forward, Step Left On Place

**Final: After the first 24 Count of Tag1:**

**SECT. 1 – JUMPING ROCK BACK (L), STOMP (L), HOLD, TOE STRUT (R) ½ TURN RIGHT, TOE STRUT (L) ½ TURN RIGHT, LONG STEP (R) TO THE RIGHT ¼ TURN RIGHT, SLIDE (L), STOMP (L) FORWARD ¼ TURN LEFT, HOLD**

- &1-&2 Jumping Rock Back On Left, Return Onto Right - Stomp Left Beside Right, Hold
  - 3-4 Turn ½ Right On Left And Step Forward On Right Toe - Drop Right Heel Down
  - 5-6 Turn ½ Right And Step Back On Left Toe - Drop Left Heel Down
  - &7-&8 ¼ Turn Right And Long Step Right To The Right, Drag Back Left Heel - ¼ Turn Left And Stomp Left Forward, Hold
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