

# The Worst 15 Minutes of My Life

**COPPER** **KNOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Jo Boocock (NZ) & Bex Roper (NZ) - March 2021

**Musique:** 15 Minutes - Rodney Atkins



**Intro - 32 count - no tags**  
**Starts on word "Smoking"**

## **[1-8] Heel Grind, Rock, Recover, Repeat**

1,2,3,4 Grind R heel forward, Recover on Left, Rock Back on Right, Recover forward on left  
5,6,7,8 Grind R heel forward, Recover on Left, Rock Back on Right, Recover forward on left

## **[9-16] Step Touch, Step Touch, Vine Right, Touch**

1,2,3,4 R step forward on diagonal, L touch beside R, L step forward on diagonal, R touch beside L  
5,6,7,8 R step R, L behind R, R step R, L touch beside R

## **[17-24] Vine Left into ¼ Turn L with Scuff, Rocking Chair**

1,2,3,4 L Step L, R Behind L, L step into ¼ Turn L, R scuff beside L  
5,6,7,8 R rock forward, recover on L, R rock back, recover on L

## **[24-32] Jazz Square, Heel Twists, R,C,R,C**

1,2,3,4 R cross over L, L step Back, R step R, L Step beside R  
5,6,7,8 Twist both heels R, Centre, R, Centre Ending

**On wall 8, after 12 counts: R step to R, L behind R with ¼ L, step R fwd to finish facing 12:00.**

**Dance edit, email: [jobex.bootscoot@gmail.com](mailto:jobex.bootscoot@gmail.com)**

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