

# Redneck Aerobics

**COPPER** **KNOB**  
STEPSHEETS

**Compte:** 64

**Mur:** 4

**Niveau:** Intermediate/Advanced



**Chorégraphe:** Vicki E. Rader (USA)

**Musique:** 634-5789 - Trace Adkins

## FOUR-DIRECTIONAL TOUCHES WITH HOLDS/CLAPS

- 1-2 Touch right heel forward; hold the count and clap hands  
& Step right foot home  
3-4 Touch left toe back; hold the count and clap hands  
& Step left foot home  
5-6 Touch right toe to the right; hold the count and clap hands  
& Step right foot home  
7-8 Touch left toe to the left; hold the count and clap hands

## MODIFIED JUMPING JACKS, CLAP, CROSS, UNWIND, JUMPING JACK

- 9-10 Switch left foot home, touching right toe right; switch right foot home, touching left toe to left side  
11-12 Switch left foot home, touching right toe to right; hold the count and clap hands  
13-14 Step right foot across left foot; turn  $\frac{1}{2}$  to the left to unwind  
15-16 Jump in place, landing with feet apart; jump in place, landing with feet together

## MODIFIED ROMPS

- &17 Step back 45 degrees to the right on right foot; touch left heel 45 degrees forward to the left  
18 Hold the count  
&19 Step home on left foot; step home on right foot  
20 Hold the count  
&21 Step back 45 degrees to the left on left foot; touch right heel 45 degrees forward to the right  
22 Hold the count  
&23 Step home on right foot; step home on left foot  
24 Hold the count

## ROMPS

- &25 Step back 45 degrees to the right on right foot; touch left heel 45 degrees forward to the left  
&26 Step home on left foot; step home on right foot  
&27 Step back 45 degrees to the left on left foot; touch right heel 45 degrees forward to the right  
&28 Step home on right foot; step home on left foot  
29-30 Touch right heel forward; touch right toe back  
31-32 Hook right foot behind calf of left leg; pivot  $\frac{1}{4}$  left on left foot

## GRAPEVINES WITH $\frac{1}{2}$ TURNS

- 33-34 Step right on right foot; step left foot behind right  
35-36 Step right on right foot, pivoting  $\frac{1}{2}$  turn to the right; step left foot next to right  
37-38 Step right on right foot; step left foot behind right  
39-40 Step right on right foot, pivoting  $\frac{1}{2}$  turn to the right; step left foot next to right

## LOUIE-LOUIE WALK

- 41 Step forward on right foot  
&42 Turn both heels out; turn both heels back to center  
43 Step forward on left foot  
&44 Turn both heels out; turn both heels back to center  
45 Step forward on right foot

- &46 Turn both heels out; turn both heels back to center  
47 Step forward on left foot  
&48 Turn both heels out; turn both heels back to center

**STOMPS, MODIFIED MONTEREY TURNS**

- 49-50 Stomp right foot in place twice  
51-52 Touch right toe to right side; pivot  $\frac{1}{4}$  right on left foot, stepping right foot next to left  
53-54 Stomp left foot in place twice  
55-56 Touch left toe to left side; pivot  $\frac{1}{4}$  left on right foot, stepping left foot next to right

**STEP-TOUCHES WITH  $\frac{1}{4}$  TURNS**

- 57-58 Step right on right foot; touch left toe next to right  
59-60 Step  $\frac{1}{4}$  turn left on left foot; touch right toe next to left  
61-62 Step right on right foot; touch left toe next to right  
63-64 Step  $\frac{1}{4}$  turn left on left foot; touch right toe next to left

**REPEAT**

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