

# Sweet Distraction

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

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Steve Lustgraaf (USA) & Letha Blackford (USA) - March 2011

**Musique:** Sweet Distraction - David Adam Byrnes



Choreographed at the NTA Dance Camp 2011

Start on vocals.

**Cross, side, sailor, cross, side, behind, turn, step**

- 1-2 Step R across L, step L side left
- 3&4 Step R behind L, step L side left, replace R next to L
- 5-6 Step L across R, step R side right
- 7&8 Step L behind R, make ¼ right and step on R, step L forward

**Rock, recover, triple with ½ turn right, out, out, in, in, hip bumps**

- 1-2 Rock R forward, recover L
- 3&4 Make ½ turn right stepping R, L, R
- &5 Step L slightly out left, step R slightly out right
- &6 Step L in, step R in
- 7&8 Bump hips left, right, left

Restart here on walls 4, 9 and 12

**Rock, recover, coaster step, rock, recover, coaster step**

- 1-2 Rock R forward, recover L
- 3&4 Step R back, L next to R, step R forward
- 5-6 Rock L forward, recover L
- 7&8 Step L back, R next to L, step L forward

**Pivot turn X 2, jazz box**

- 1-2 Step R forward and pivot ½ left
- 3-4 Step R forward and pivot ½ left
- 5-6 Step R across L, step L back
- 7-8 Step R side right, step L slightly forward

**TAG: 4 count tag at the end of wall 12 (which is a restart wall – do 16 counts, then tag):**

- &1 Step L slightly out left, step R slightly out right
- &2 Step L in, step R in
- 3&4 Bump hips left, right, left

**Contacts:**

Steve Lustgraaf – [dncntime@aol.com](mailto:dncntime@aol.com)

Letha Blackford – [blackfordla@hotmail.com](mailto:blackfordla@hotmail.com)