

# One Bad Trip

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Lynne Martino (USA) - September 2014  
音乐: Hell and Back - Big-B



Non-Country Alternative: The End of the Road by Gladys Knight and the Pips.  
Available on Amazon mp3 download. \*\*See note on bottom of stepsheet  
Free music download - email: [bvamd@icloud.com](mailto:bvamd@icloud.com).

Start after 8 cts. On vocals

## [1-8] □ □ Step Touches with Claps

1-2            Step R back(1), touch L next to R & clap(2)  
3-4            Step L back(3), touch R next to L & clap(4)  
5-6            Repeat counts 1,2  
7-8            Repeat counts 3,4

Note: you are moving back on an angle (towards 5:00 o'clock on R & towards 7:00 o'clock on L

## [9-16] Kick Ball Touch, Kick Ball Touch, 3 Walks, \*Touch

1&2            Kick R forward(1), step back on R(&), touch L out to left side(2)  
3&4            Kick L forward(3), step back on L(&), touch R out to right side(4)  
5-8            Walk forward R,L,R(5-7), \*touch L next to R(8)

\* Restart: here on wall 6 ( 9 o'clock) Step left next to Right (8) then Restart

## [17-24] □ □ Step Touches, Vine with ¼ Turn, Brush

1-4            Step L to left side(1), touch R next to L(2), step R to right side(3), touch L next to R(4)  
5-8            Step L to left side(5), step R behind L(6), making ¼ turn left, step forward(7), brush R forward(8)

## [25-32] Jazz Box, Rocking Chair □

1-4            Cross step R over L(1), step L back(2), step R to right side (3), step L next to R(4)  
5-8            Rock R forward(5), recover weight on L(6), rock R back(7) recover weight on L(8)

Restart: Wall 6 (9: o'clock) after the first 16 cts.

To end in the front , dance thru to ct.24 and make another ¼ turn left to face front(17-23-step touches, vine with ¼ turn, ct.24 ¼ turn left-12 o'clock wall.)

\*\*If you use the non- country music, there will be a 4 ct. Tag on walls 3,5,&7.

The Tag comes at the end of the 32 cts. The Restart takes place exactly at the same wall and the same time.

Tag: 4 cts. One full hip rotation starting right for 4 cts This is will be at the end of the dance on walls 3,5,7

Choreographer's Info: Lynne Martino, [wiska51@aol.com](mailto:wiska51@aol.com), Facebook page: Lynne's Dance Crew