

# Dance @ 30,000 Feet

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Brandi Hughes (CAN) - July 2016  
音乐: 30,000 Feet - Bobby Wills : (amazon & iTunes)



## Sec 1. □Side Rock, Cross, Side Shuffle, Syncopated Jazz Box

1-2&                      Step Left to left side (1), Recover weight on Right (2), Cross Left over Right(&  
3&4                      Step Right to right side (3), Step Left beside right (&), Step Right to right side (4)  
5-6&                      Cross Left over right (5), Step Right back (6), Step Left beside right (&  
7-8                      Step Right forward (7), Step Left forward (8)

**\*Restart Here on Wall 3 (see below)**

## Sec 2. Toe Struts/Hip Bumps (x2), Rock, Recover, Back Shuffle

1&2                      Touch Right toe forward bumping right hip forward (1), Bump Right hip to center (&), Press  
Right heel down taking weight (2)  
3&4                      Touch Left toe forward bumping left hip forward (3), Bump Left hip to center (&), Press Left  
heel down taking weight (4)  
5-6                      Step Right forward (5), Recover weight back on Left (6)  
7&8                      Step Right back (7), Step Left beside right (&), Step Right back (8)

## Sec 3. Night Club Basic, ¼ Turn Night Basic, Cross, ¼ Turn, Step, Shuffle Forward

1-2&                      Large step left on Left foot (1), Step Right back (2), Recover weight forward on Left (&  
3-4&                      Large step right and back on Right making ¼ turn left (9:00) (3), Step back left (4), Recover  
weight forward on right (&  
5-6&                      Cross Left over right (5), Step back on Right making ¼ turn left (6:00) (6), Step Left forward  
(&  
7&8                      Step Right forward (7), Step left beside right (7), Step Right forward (8)

## Sec 4. Press, Recover, Step (x2), Cross, Step, Point, Walk (x2)

1-2&                      Lunge Left toe forward (1), Recover weight back on right kicking left toe forward (2), Step Left  
at center (&  
3-4&                      Lunge Right toe forward (1), Recover weight back on left kicking right toe forward (2), Step  
Right at center (&  
5-6&                      Cross Left over right (5), Step Right to right side (6), Point Left toe to left side (&  
7-8                      Step forward Left (7), Step forward Right (8)

**\*Tag – End of Wall 6**

**Restart – Wall 3 (12:00) – Do first 7 counts...on count 8 TOUCH Left beside Right instead of stepping down on it and begin the dance again.**

**Tag – End of Wall 6 (6:00) – 4 Counts**

1-4                      Step Left forward (1), Recover weight back on right (2), Step Left back (3), Recover weight  
forward on right (4)