

# B. f. B. B (Born for Bain de Bretagne)

COPPERKNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Newcomer  
编舞者: Cati Torrella (ES) - July 2010  
音乐: Speed the Plow Medley (Speed the Plow / The Maid Behind the Bar /  
Temperance Reel) - The Quebe Sisters



Intro: 4 counts.

## [1-8]: HEEL & HEEL & HEEL BRUSH SCUFF, STOMP, STOMP, TRIPLE STEP

1                      Touch Right Heel forward  
&                      Step RF beside LF  
2                      Touch Left Heel forward  
&                      Step LF beside RF  
3                      Touch Right Heel forward  
&                      Brush back RF across LF  
4                      Scuff RF forward  
5                      Stomp RF beside LF  
6                      Stomp LF beside RF  
7                      Step forward RF  
&                      Step forward LF, behind RF (3<sup>a</sup> pos.)  
8                      Step Forward RF

## [9-16]: ROCK STEP FORWARD, COASTER STEP, STEP ¼ TURN, CROSS SHUFFLE

1                      Rock forward LF  
2                      Recover weight on RF  
3                      Step back LF  
&                      Step back RF, beside LF  
4                      Step forward LF  
5                      Step forward RF  
6                      ¼ Turn to left, weight on LF  
7                      Cross RF over LF  
&                      Step LF to left side  
8                      Cross RF over LF

## [17-24]: HEEL JACKS (VAUDEVILLE STEP), SIDE ROCK STEP, CROSS SHUFFLE

&                      Step LF to left side  
1                      Touch Right Heel forward to right diagonal  
&                      Step RF beside LF  
2                      Cross LF over RF  
&                      Step RF to right side  
3                      Touch Left Heel forward to left diagonal  
&                      Step LF beside RF  
4                      Cross RF over LF  
5                      Rock LF to left side  
6                      Recover weight on RF  
7                      Cross LF over RF  
&                      Step RF to right side  
8                      Cross LF over RF

## [25-32]: STEP ½ TURN, TRIPLE STEP, ROCK STEP, COASTER STEP

1                      Step forward RF  
2                      ½ Turn to left, weight on LF

- 3 Step forward RF
- & Step forward LF behind RF (3<sup>a</sup> pos.)
- 4 Step Forward RF
- 5 Rock forward on LF
- 6 Recover weight on RF
- 7 Step bacvk on LF
- & Step back on RF beside LF
- 8 Step forward on LF

**START AGAIN**

**ENDING: At the end of 8th wall, looking to 12:00, finish the dance doing the following step:**

- 1 Touch Right Heel forward
  - & Step RF beside LF
  - 2 Touch Left Heel forward
  - & Step LF beside RF
  - 3 Touch Right Heel forward
  - 5 Stomp RF beside LF
  - 6 Stomp LF beside RF
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