

# Switch it Up

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Candy Sherwin (USA) - May 2009  
音乐: Sideways - Dierks Bentley



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## Step R side, hold, kick step heel, step heel, L forward, R forward, rock back, ½ turn R to right foot

1-2            Step/slide out on right to right, hold  
3&4           Kick left forward, step on left next to right, touch right heel forward  
&5&6          Step right foot back, touch left heel forward, step forward on left, step forward on right  
7-8            Rock back on left, ½ turn right to while stepping on right 6:00

## L Syncopated Mambo, ¼ turn R chasse, R turn, shift L

1-2 &3          Step forward left, hold, rock back on right, step left back  
4&5            Turn ¼ right and step right to side (9:00), step left beside right, step right side  
6-7            Step left side with ½ right turn (3:00), step right side with ½ right turn 9:00  
8                Shift weight to left leg

## Right ronde, ¼ turn left, R forward, L touch ½ turn, R lock shuffle

1-2            Sweep right leg in, forward and side (using 2 counts for move)  
3&4            Step right behind left, ¼ turn step left forward (6:00), step right forward  
5                Step left forward  
6                Touch right foot next to left with ½ turn right (12:00)  
7&8            Step right forward, lock left behind right, step right forward

## Rock Step, ½ pencil turn, Step L side, Touch R in with ¼ turn, Kick ball step

1-2            Step forward on left, rock back on right  
3-4            Turn ½ left on ball of left foot (end 6:00), step right next to left  
5-6            Step left side, touch right foot next to left with ¼ turn right  
7&8            Kick right leg forward, step ball of right foot next to left, step left forward

**Begin Dance Again!**

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