

# Barefoot and Buckwild

**COPPER** **KNOB**  
STEPSHEETS

拍数: 40      墙数: 4      级数: Intermediate  
编舞者: Chris Seagle (USA) - March 2022  
音乐: Barefoot and Buckwild - Lauren Alaina



No tags, no restarts

Dance begins on lyrics

## Right Heel Switch, Right Hitch Cross Kick, Left Heel Switch, Left Hitch Cross Kick

1&2&      Touch R heel forward (1), Step R together (&), Touch L heel forward (2), Step L together (&)  
3&4      Hitch R (3), Cross R (&), Kick R (4)  
5&6&      Touch L heel forward (1), Step L together (&), Touch R heel forward (2), Step R together (&)  
7&8      Hitch L (3), Cross L (&), Kick L (4)

## Shuffle Forward (Left-Right-Left), Shuffle Forward (Right-Left-Right) Stomp Left, Stomp Right, Drop Squat

1&2      Shuffle forward Step L (1), Step R (&), Step L (2)  
3&4      Shuffle forward Step R (3) Left (&) Right (4)  
5 6      Stomp L (5), Stomp R (6)  
7 8      Drop body into a deep squat (7), Recover (8)

## Hip Sway (Right-Left) Crossing Heel Jacks (Left-Right) with 1/4 Turn

1-2      Sway hip to the right (1-2)  
3-4      Sway hip to the left (3-4)  
5&6      Cross L over R (5), Step R right (&), Touch L heel left (6)  
7&8&      Cross R over L (7), Step L left (&), Touch R heel right (8), Turn 1/4 to the right (&)

## Heel Switches (Left-Right-Left), Hitch Right, Shuffle Forward Right, Shuffle Turn 1/2

1&2&      Touch L heel (1), Return (&), Touch R heel (2), (&)  
3&4      Touch L heel (3) (&), Hitch R (4)  
5&6      Shuffle step R (5), step L (&), step R (6) forward  
7&8      Turn ½ clockwise [left] stepping L forward (7), step R next to L (&), step left forward (8)

## Shuffle Back, Coaster, Walk, Walk, Apple Jacks

1&2      Shuffle step L back (1) step R back (&) step L back (2)  
3&4      Step L back (3) step R back (&) step L forward (4)  
5 6      Step forward R foot (5) step L forward [together] (6)  
&7&8      On &7 take weight onto L heel, swivel R to the left side (&), then return together (7) On &8 take weight onto your R heel, swivel L to the right side (&), then return together with weight ending on L (8)

Begin Again

Submitted by - [evanvans001@hotmail.com](mailto:evanvans001@hotmail.com)