

# Trying Not To

COPPERKNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Low Intermediate  
编舞者: Kraig Teixeira (USA) - May 2022  
音乐: Trying Not To (feat. Roman Alexander) - Alana Springsteen



**Intro: 16 Counts In, Begin on Vocals**

**\* Restart on Wall 3**

**[1 – 8] Shuffle Fwd L, R Rocking Chair, ½ Pivot**

1 & 2            Step Fwd L, Step together R, Step Fwd L  
3,4,5,6        Rock Fwd on R, Replace Weight Back on L, Rock Back on R, Replace Weight Fwd on L  
7, 8            Step Fwd R, Pivot a ½ Turn L, Weight Fwd L

**[9 – 16] R Rocking Chair, ½ Turn Toe Strut, L Coaster Step**

9, 10, 11, 12    Rock Fwd R, Replace Weight Back on L, Rock Back on R, Replace Weight Fwd L  
13, 14        Touch R toe Fwd making ¼ Turn L, Drop Weight Back onto R making a ¼ Turn L  
15 & 16        Step back on L, Step R together, Step Fwd on L

**[17 – 24] ¼ Side Shuffle, L Sailor Step, R Sailor Step, Touch Back Unwind ½ Turn**

17 & 18        Making a ¼ Turn L, Step R to R side, Step together L, Step R to R Side  
19 & 20        Step L behind R, Step R to R Side, Step L to L Side  
21 & 22        Step R behind L, Step L to L Side, Step R to R Side  
23, 24        Touch L Toe Back, Unwind ½ Turn over L Shoulder, Weight ends Fwd L

**[25 – 32] Kick Out-Out, Sway, Sway, Kick-Ball-Cross, Slide R, Touch L**

25 & 26        Kick R Fwd, Step out to R side on R, Step out to L side on L  
27, 28        Sway R, Sway L, Weight ending on L  
29 & 30        Kick R to R Diagonal, Step down on R, Cross L over R  
31, 32        Large Step to R side on R, Slide L to meet R and Touch (Weight ends R)

**\* Restart Here on Wall 3**

**[33 – 40] Heel Jacks, ½ Turning Shuffle, L Shuffle Back**

33&34&        Touch L Heel Fwd, Step down on L, Cross R over L, Step Back on L  
35 & 36        Touch R Heel Fwd, Step Down on R, Cross L over R  
37 & 38        Step R to Side Making a ¼ Turn L, Step L Together, Step R Back Making a ¼ L  
39 & 40        Step Back on L, Step together R, Step Back on L

**[41 – 48] R Coaster Step, 2 Walks, Jazz Box**

41 & 42        Step Back on R, Step Together on L, Step Fwd on R  
43, 44        Walk Fwd L, Walk Fwd R

**Optional Full Turn: Step L Back making a ½ Turn over R Shoulder, Step R Fwd Making a ½ Turn over R Shoulder)**

45, 46, 47, 48    Cross L over R, Step Back on R, Step Side on L, Stomp Fwd on R (Weight ends R)