

# Paycheck To Paycheck

COPPERKNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Improver / Intermediate  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - May 2022  
音乐: Paycheck To Paycheck - Midland



Start after 36 count intro – approx. 20secs – they sing ‘got no tread’ come in on the word ‘tread’ – 112bpm – 2mins 56secs

Music Available: Amazon

**[1-8] R fwd, L fwd mambo, R back coaster cross, step L side, R touch ball cross**

1-2&3                      Step R forward, step L forward, recover weight on R, step L back

4&5                        Step R back, step L together, cross step R over L

6-7&8                     Step L side, touch R together, step R back, cross step L over R

**[9-16] R side, L sailor, R sailor, L fwd, R fwd, twist heels R to centre (weight on L)**

1-2&3                     Step R side, cross step L behind R, step R side, step L side

**WALL 11: Dance will end on the L sailor step, add a ¼ left to end facing front wall**

4&5                        Cross step R behind L, step L side, step R side

6                            Step L forward

7&8                        Step R forward, twist both heels right and then back to centre (weight on L)

**RESTART: WALLS 2 (LEFT SIDE WALL), 4 (BACK WALL), 8 (LEFT SIDE WALL)**

**During these walls dance until the heel twist (count 16) and restart the dance**

**[17-24] Walk back R/L, R/L apart, R fwd, walk fwd L/R, L/R apart, L fwd**

1-2                        Step R back, step L back

&3-4                      Step R apart, step L apart, step R forward

5-6                        Step L forward, step R forward,

&7-8                      Step L apart, step R apart, step L forward

**[25-32] R fwd, L fwd, ¼ R pivot turn, cross L over R, ½ L hinge turn, syncopated R fwd rock/recover, syncopated R side rock/recover, R back, L tog (1st two steps of coaster step)**

1-2&3                     Step R forward, step L forward, pivot ¼ right, cross step L over R (3)

4-5                        Turning ¼ left step R back, turning ¼ left step L side (9)

6&                         Rock R forward, recover weight on L

7&                         Rock R side, recover weight on L

**Less syncopated option for 6-7: Touch R forward, touch R side**

8&                        Step R back, step L together (1st two counts of a coaster step)

Start again and enjoy!

Tel: 01462 735778 Email: [alison.biggs1@btinternet.com](mailto:alison.biggs1@btinternet.com) Find us on Facebook as TheDanceFactoryUK

Last Update - 13 May 2022