

# Let's All Unwind

**COPPER KNOB**  
STEPSHETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Pat Newell (USA) - December 2022  
音乐: Down On the Corner - Mavericks



In - 16 +32 to begin on lyrics

## OUT OUT, IN IN (2 times)

1-4.            Step R fwd and slightly R, step L fwd and slightly L, Step R back, step L back  
5-8            Step R fwd and slightly R, step L fwd and slightly L, step R back and step L back

## RIGHT VINE WITH HIPS BUMPS, LEFT VINE WITH HIT BUMPS

1-4            Step R to R, L behind R, R to R, touch L beside R  
5-8            Bump hips L,R,L,R

## LEFT VINE WITH HIP BUMPS, (TURNING 1/4 L on count 4) 9:00

1-4            Step L to L, R behind L, L to 1/4 L (9:00) touch R  
5-8            Bump hips R, L, R, L

## ROCKING CHAIR

1-4            Rock fwd on R, recover on L, rock back on R, recover on L  
5-8            Rock fwd on R, recover on L, rock back on R, recover on L

## DANCE FOR THE HEALTH OF IT

---