

# Growing Pains

**COPPER** **KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Peter Jones (UK) & Anna Jones (UK) - February 2023  
音乐: Growing Pains - BRELAND : (Album: Cross Country)



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**Starts: 8 Counts In.**

**S1. Side Touches, Side, Together, Forward, Touch.**

1-2-3-4      Step R To R Side, Touch L Next To R, Step L To L Side, Touch R Next To L.  
5-6-7-8      Step R To R Side, Step L Next To R, Step Forward On R, Touch L Next To R. .

**S2. Side Touches, Side, Together, Back, Hitch.**

1-2-3-4      Step L To L Side, Touch R Next To L, Step R To R Side, Touch L Next To R.  
5-6-7-8      Step L To L Side, Step R Next To L, Step Back On L, Hitch R Knee.

**S3. Coaster Step, Scuff, Lock Step Forward, Scuff.**

1-2-3-4      Step Back On R, Step L Next To R, Step Forward On R, Scuff L Next To R.  
5-6-7-8      Step Forward On L, Step R Behind L, Step Forward On L, Scuff R Next To L.

**S4. Step, Pivot  $\frac{1}{4}$ , Cross, Hold, Coaster Step, Hold.**

1-2-3-4      Step Forward On R, Pivot  $\frac{1}{4}$  L On L, Cross R Over L, Hold.  
5-6-7-8      Step Back On L, Step R Next To L, Step Forward On L, Hold.

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