

# The Sunken Lands

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Isabelle Guimiot (CAN) - September 2023  
音乐: The Sunken Lands - Rosanne Cash



Intro: 16 counts

Restart: wall 2 after 60 counts

Restart: wall 5 after 28 counts

Tag and restart : wall 6 after 44 counts

**[1 – 8] Triple fwd, scuff, rock fwd ½ turn, step, scuff.**

1 2 3      Step R fwd, step L together, step R fwd (12:00)  
4      Scuff L (12:00)  
5 6      Rock L fwd, ½ turn left recover R (6:00)  
7 8      Step L fwd, scuff R (6:00)

**[9 - 16] Step fwd, toe back, step back, heel, step back, heel, step fwd, toe back.**

1 2      Step R fwd, point L toe slightly back (6:00)  
3 4      Step L back, heel R (6:00)  
5 6      Step R back, heel L (6:00)  
7 8      Step L fwd, point R toe slightly back (6:00)

**[17 - 24] triple step back, heel, step, heel, step, heel**

1 2 4      Step R back, step L together, step R back (6:00)  
4 5      L heel fwd, step L together (6:00)  
6 7      R heel fwd, step R together (6:00)  
8      L heel fwd (6:00)

**[25 - 32] Step, scuff ¼ turn, step to the side, behind, step to the side, scuff, rock fwd recover.**

1 2      Step L together, scuff R with a ¼ turn left (3:00)  
3 4      Step R to R, step L behind R (3:00)

**\* During wall 5, you're facing 3:00, do a ¼ turn to the right and restart facing 6:00**

5 6      Step R to R, ⅛ turn right scuff L facing diagonal (4:30)  
7 8      Rock L fwd, recover R (4:30)

**[33 - 40] triple full turn, scuff, jazz box ending with feet together.**

1 2 3      ¼ turn left step L slight fwd, ¼ turn right step R slight fwd, ½ turn right step L slight fwd (4:30)  
4      ⅛ turn left scuff R (3:00)  
5 6      Cross R over L, step L back (3:00)  
7 8      Step R to R, step L together (3:00)

**[41 - 48] twist heel, toes, heel, toes, rock, recover, side, scuff.**

1 2      Twist both heels right, twist both toes right (3:00)  
3 4      Twist both heels right, twist both toes right (3:00)

**\* Tag + restart here during wall 6**

5 6      Rock L fwd right diagonal, recover R (3:00)  
7 8      Step L to L, scuff R towards left diagonal (3:00)

**[49 - 56] Cross, ¼ turn step, ½ turn step, scuff, rocking chair.**

1 2      Cross R over L, ¼ turn right step L back (6:00)  
3 4      ¼ turn right step R to R, ¼ turn right scuff L (12:00)  
5 6      Rock L fwd, recover R (12:00)

7 8 Rock L back, recover R (12:00)

**[57 - 64] Rock step, recover, back ¼ turn, touch,**

1 2 Rock L fwd, recover R (12:00)

3 4 ¼ turn left step L to L, touch R next to L (9:00)

**\* Restart here during wall 2, facing 6:00**

5 6 Step R back, heel L (9:00)

7 8 Step L fwd, scuff R (9:00)

**Tag during wall 6, facing 9:00: no counts, music slows down, no beat, improvise as long as you're facing 12:00 to restart.**

**Suggestion: Cross R over L, slowly unwind ¾ turn, big step L back, drag R next to L, touch R.**

**Enjoy!**

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