

# I'm a Trainwreck

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
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音乐: Story of a Trainwreck - The Lacs



**Intro: 32 counts - No Tag, No Restart**

**[1-8] SHUFFLE FWD, ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER,**

1&2      Step R forward, step L together R, Step R forward  
3-4      Rock step L forward, recover on R  
5&6      Step L forward, step R together L, Step L forward  
7-8      Rock step R back, recover on L

**[9-16] CROSS POINT (x4)**

1-2      Cross step R over L, point L to left side  
3-4      Cross step L over R, point R to right side  
5-6      Cross step R over L, point L to left side  
7-8      Cross step L over R, point R to right side

**[17-24] CROSS ROCK, SHUFFLE SIDE to R, CROSS ROCK, SHUFFLE SIDE to L**

1-2      Cross step R over L, recover on L  
3&4      Step R to right side, step L together R, step R to right side  
5-6      Cross step L over R, recover on R  
7&8      Step L to left side, step L together R, Step L to left side

**[25-32] STEP ¼ TURN to L (x2), HEEL FWD, HOOK, HEEL FWD, FLICK OUT**

1-2      Step R forward, ¼ turn to left side  
3-4      Step R forward, ¼ turn to left side (6:00)  
5-6      Heel R forward, hook R over L  
7-8      Heel R forward, flick R out

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