

# Whirlwind

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Mary Pentangelo (USA) - February 2025  
音乐: Whirlwind - Lainey Wilson



Intro is 20 counts – Starts with right foot, weight on left on word “lone”

## [1-8] RF Shuffle Fwd, LF Shuffle Fwd, RF V Step

1&2      RF step fwd, LF step next to RF, RF step fwd  
3&4      LF step fwd, RF step next to LF, LF step fwd  
5-8      RF step fwd to diagonal, LF step fwd to diagonal, RF step back to center, LF step next to RF

## [9-16] RF Shuffle Back, LF Shuffle Back, Hip Rocks

1&2      RF step back, LF step next to RF, RF step back  
3&4      LF step back, RF step next to LF, LF step back  
5-8      RF step to side for hip rocks right, left, right, left

## [17-24] RF Side Shuffle, LF Rock Recover, LF Step Side, RF Tap, Point, Tap

1&2      RF step side, LF step next to RF, RF step side,  
3-4      LF rock back, recover on RF  
5-8      LF step side, RF tap next to LF, RF point to side, RF tap next to LF

## [25-32] Heel Sequence, Heel Dig/Grind ¼ turn

1&      RF heel tap fwd, replace next to LF  
2&      LF toe tap back, replace next to RF  
3&      RF toe tap back, replace next to LF  
4&      LF heel tap fwd, replace next to RF  
5&      RF heel tap fwd, replace next to LF  
6&      LF heel tap fwd, replace next to RF  
7-8      RF heel dig/grind fwd with 1/4 turn over left shoulder to new wall

Thank you for checking out my dance!  
[www.heartandsoullinedance.com](http://www.heartandsoullinedance.com)