

# Lightnin' Strikes

**COPPERKNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Beginner  
编舞者: Debbie Hogg (UK) & Vicki Hogg  
音乐: Lightnin' Strikes A Good Man - Lacy J. Dalton



## SHUFFLE & TOE HEEL STEPS TRAVELING BACKWARDS

1&2      Right shuffle back (right, left, right)  
3-4      Touch left toe to right instep, touch left heel to right instep  
5&6      Left shuffle back (left, right, left)  
7-8      Touch right toe to left instep, touch right heel to left instep

## SHUFFLES FORWARD, ROCK FORWARD, TRIPLE STEP WITH ½ TURN RIGHT

1&2      Right shuffle forward (right, left, right)  
3&4      Left shuffle forward (left, right, left)  
5-6      Rock forward onto right foot. Rock back onto left foot  
7&8      Triple step (right, left, right) making ½ turn to right

## GRAPEVINE LEFT, HIP BUMPS

1-4      Step left foot to left side, cross step right foot behind left, step left foot to left side, step right foot beside left

### Finish with feet apart

5-8      Four hip bumps (right, left, right, left)

## GRAPEVINE RIGHT, HIP BUMPS

1-4      Step right foot to right side, cross step left foot behind right, step right foot to right side, step left foot beside right

### Finish with feet apart

5-8      Four hip bumps (left, right, left, right) weight finishes on right foot

## ½ PIVOT, ¼ PIVOT, WALKS FORWARD X3, KICK

1-2      Step left foot forward, pivot ½ turn to right  
3-4      Step left foot forward, pivot ¼ turn to right  
5-8      Walks forward x3 (left, right, left), kick right foot forward

## JUMP BACK (RIGHT, LEFT), KNEE POPS

&1      Jump back onto right foot, jump back onto left foot (feet apart)  
2      Hold  
3-4      Pop right knee forward, hold  
5-8      Knee pops x4 (left, right, left, right)

## REPEAT

---