

# Medium Rare & Well Done

**COPPER KNOB**  
STEPSHEETS

拍数: 24      墙数: 4      级数: Beginner contra dance  
编舞者: Kris Spratt (UK)  
音乐: Medium Rare & Well - Larry Boone



## KICK FORWARD, ROCK FORWARD AND BACK ON

- 1-2      Kick right foot forward at knee height twice
- &      Step right foot next to left placing the weight onto the right foot
- 3      Rock back on left foot, lifting the right foot off the floor slightly
- 4      Stomp right foot forward, placing the weight on the right foot
- 5-6      Kick left foot forward at knee height twice
- &      Step left foot next to right placing the weight onto the left foot
- 7      Rock back on right foot, lifting the left foot off the floor slightly
- 8      Stomp left foot forward, placing the weight on the left foot

## SHUFFLE FORWARD RIGHT & LEFT TOE SWITCHES WITH ¼ TURN RIGHT

- 9&10      Right shuffle forward; right, left, right
- 11&12      Left shuffle forward; left, right, left
- 13      Point right toes forward
- &      Step right foot in to place next to left foot switching weight to right foot
- 14      Point left toes forward
- &      Step left foot in to place next to right foot switching weight to left foot
- 15      Touch right foot out to right side
- 16      Making a ¼ turn right on the ball of the left foot, hook right foot in front of left knee

## SHUFFLE FORWARD & BACK, BACK & FORWARD

- 17&18      Right shuffle forward; right, left, right
- 19&20      Left shuffle back; left, right, left
- 21&22      Right shuffle back; right, left, right
- 23&24      Left shuffle forward; left, right, left

## REPEAT

During steps 17-24, after each shuffle, raising the foot slightly off the floor will make it easier for the next shuffle. It does seem tricky when first danced, but stick with it and you will soon pick it up.