

# Nostalgia

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Deb Crew (CAN)  
音乐: Bend It Until It Breaks - John Anderson



This is a very smooth and graceful dance that requires some practice. Start dance when the artist begins his lyrics. I have choreographed rolling vines for steps 13-16 and steps 29-32 but straight 4 beat vines may be substituted.

## ROCK-STEP; STEP ACROSS, BRUSH

1-2              Rock to side right on right foot, step in place on left  
3-4              Step right across left, brush the left

## LEFT VINE WITH ½ TURN LEFT, BRUSH RIGHT

5-6              Step side left, step right behind left  
7-8              Step ½ turn left on left foot, brush the right

## RIGHT VINE

9-12             Step side right on right foot, step left behind right, step side right, touch left beside left

## ROLLING LEFT VINE

13-16            Rolling left vine: step left, step right, step left - you should now have completed a full turn to the left in 3 counts - touch right beside left (weight on left)  
17-32            Repeat steps 1-16

## STEP FORWARD, TOGETHER, STEP FORWARD, TOUCH

33-34            Step forward on right, step left together with right  
35-36            Step forward on right, touch left beside right (weight on right)

## STEP BACK, TOGETHER, STEP BACK, TOUCH

37-38            Step back on left, step right together  
39-40            Step back on left, touch right to left (weight on left)

## STEP FORWARD, TOUCH, STEP BACK, TOUCH

41-42            Step forward on right, touch left heel forward  
43-44            Step back on left, touch right toe beside left (weight on left)

## BALL-CROSS, STEP SIDE, STEP BEHIND, BALL-CROSS

&45              Small step to the right side on right foot, cross & step left over right (weight on left)  
46-47            Step side right, step left behind right  
&48              Small step to the right side on right foot, cross & step left over right (weight on left)

## STEP FORWARD, ½ TURN, ROCK-STEP, TURNING SHUFFLE

49-50            Step forward on the right, step ½ turn to the left on left foot  
51-52            Rock forward on right, step in place on left  
53&54            One 3-step shuffle while ½ turning to the right: right left right

## STEP FORWARD, ½ TURN, ROCK-STEP, TURNING SHUFFLE

55-56            Step forward on the left, step ½ turn to the right on right foot  
57-58            Rock forward on the left, step in place on the right  
59&60            One 3-step shuffle while ½ turning to the left: left right left

**STEP FORWARD, ½ TURN; STEP FORWARD ¾ TURN**

61-62 Step forward on the right, step ½ turn to the left on the left foot - pivoting on the right

63-64 Step forward on the right, step ¾ turn to the left on the left - pivoting on the right (weight on left)

**REPEAT**

---