

Practice What You Preach

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Simon Whincup (UK)
音乐: Long Sermon - Brad Paisley



WALK, HOLD, WALK, BACK HITCHES

1-3 Walking forward right, left, right
4 Hold a beat
5-7 Walking forward left, right, left
8 Hitch up right knee
&9 Step back on right foot, hitch left knee up
&10 Step back on left foot, hitch right knee up

TRIPLE FULL TURN, LOCK STEPS ON DIAGONAL

11-13 Triple full turn over right shoulder stepping right, left, right
14-16 Lock step on left diagonal stepping left forward, lock right behind, left forward
17-19 Lock step on right diagonal stepping right forward, lock left behind, right forward
20-22 Lock step on left diagonal stepping left forward, lock right behind, left forward
23-25 Bounce heels 3 times, making a $\frac{1}{4}$ turn to your right

SWIVEL HEELS, LOCK FORWARD AND TURN WITH HITCH

26 Swivel heels left
27 Swivel heels right
28 Bring heels to center
29-31 Lock step forward leading left forward, lock right behind and left forward
& (Left foot is forward) pivot on ball of left making $\frac{1}{4}$ turn to right
32 Hitch right knee up

SIDE TOGETHER SIDE HITCH (TWICE), MAMBO ROCKS

33&34 Step right side, left together with right, step right foot to side
35 Hitch left knee up
36&37 Step left side, right together with left, step left foot to side
38 Hitch right knee up
39-41 Triple step full turn over right shoulder stepping right, left, right
42-44 Triple step full turn over left shoulder stepping left, right, left
45&46 Right mambo rock forward, step back on left, bring right together with left
47&48 Left mambo rock backward, back on left, step forward on right, bring left together with right

REPEAT

TAG

Instrumental music halfway through dance, at end of wall stop and dance this section

1&2 Mambo right forward rock, step back on left, bring right together with left
3&4 Mambo left back rock, rock back on left, step forward on right, bring left together with right
5 Step right foot forward
6 $\frac{1}{2}$ turn left over left shoulder
7-9 Triple step right, left, right
10&11 Mambo on left forward, step back on right, bring left together with right
12&13 Mambo back on right foot, rock back on right, step forward on left, bring left together with right
14 Step left forward

15 ½ turn right over right shoulder

16&17 Triple step left, right, left

Repeat again one more time, then continue with normal dance
