

# 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 ¼ 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 ¼ 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                        ½ 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**

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