

# Stoppin' & Steppin'

**COPPER KNOB**  
BY STEPSHEETS

拍数: 0                      墙数: 2                      级数: Intermediate/Advanced  
编舞者: Judy Goutierrez (USA)  
音乐: Steppin' On My Heart - Chris Gray



Sequence: ABB, AB BB, AB

## PART A

- 1-4                      Stomp right to right side & hold right hand in front of you (shoulder height)
- 5-6                      Cross left over right
- 7-8                      Unwind full (full turn) turn with weight ending on left

## PART B

### STEP, TOGETHER, SWIVELS

- 1                      Step right forward
- 2                      Step left next to right
- 3                      Swivel to left
- 4                      Swivel back to center with weight ending on left
- 5                      Step back on right
- 6                      Step back on left next to right
- 7                      Swivel to left
- 8                      Swivel back to center with weight ending on left

### RIGHT TOE TAPS, LEFT TOE TAPS, BACK STEP

- 1                      Touch right toe to right side
- 2                      Touch right toe next to left
- 3                      Touch right heel to front
- 4                      Step on right next to left
- 5                      Touch left toe to left side
- 6                      Touch left toe next to right
- 7                      Touch left heel to front
- 8                      Step back on left

### SIDE KICKS, ROCK STEP, AND ¼ TURN

- 1                      Kick right (45 degrees)
- 2                      Step back on right
- 3                      Kick left (45 degrees)
- 4                      Step back on left
- 5                      Step back on right
- 6                      Step forward on left
- 7-8                      Step forward on right with ¼ pivot turn. Weight ends on left

### SIDE KICKS, ROCK STEP AND ¼ TURN

- 1                      Kick right (45 degrees)
- 2                      Step back on right
- 3                      Kick left (45 degrees)
- 4                      Step back on left
- 5                      Step back on right
- 6                      Step forward on left
- 7-8                      Step forward on right with ¼ pivot turn. Weight ends on left

## **HEEL TOUCHES, TOE TAPS. HEEL SWITCHES WITH HEEL BALL CHANGE**

- 1-2 Touch right heel forward twice
- 3-4 Touch right toe back twice
- 5 Touch right heel forward
- 6 Touch left heel forward
- 7& Touch right heel forward step back on right pushing weight forward
- 8 Lunging forward on left

## **VINE RIGHT AND LEFT, WITH ½ SPIRAL TURN**

- 1-4 Vine right with a scuff on 4
- 5-8 Step left, right crosses over left, step left keeping feet close together and ½ spiral turn to the right on 8

## **STOMPS AND CLAPS**

- 1 Stomp right forward and hold
- 2& Double clap
- 3 Stomp left forward and hold
- 4 Clap
- 5 Stomp right forward and hold
- 6& Double clap
- 7 Stomp left forward and hold
- 8 Clap

**Make sure to dance all the way through the song and on the last note, stomp right with right hand out in front of you.**

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