

# (Two Scoops) Brown Rice & Gravy (& Hold The Mac)

**COPPER KNOB**  
STEPSHEETS

拍数: 64                      墙数: 1                      级数: Improver  
编舞者: Clifford Angelias (USA)  
音乐: Helena - Danny Estocado



This dance is dedicated to Cindy & John Gardner, who bring their own special Aloha to our Ohana

## DOUBLE RUMBA BOX, X4

1-2                      Step left forward, hold/touch right next to left  
3-4                      Step right to right side, step left next to right  
5-6                      Step right back, hold/touch left next to right  
7-8                      Making ¼ turn to left, step left forward, step right next to left  
9-16                     Repeat steps 1-8 above  
17-24                    Repeat steps 9-16 above  
25-32                    Repeat steps 17-24 above (now facing original wall)

## STEP, LOCK-STEP, STEP, HOLD TWICE

33-36                    Step left forward; step-lock right behind & to left of left, step left forward, hold  
37-40                    Repeat steps 33-36 starting on right foot

## BACK CROSS TOUCH X4

&41-42                   Step left back on left diagonal, cross right over left and touch right toe, hold  
&43-44                   Step right back on right diagonal, cross left over right and touch left toe, hold  
&45-46                   Step left back on left diagonal, cross right over left and touch right toe, hold  
&47-48                   Step right back on right diagonal, cross left over right and touch left toe, hold

## VINE LEFT, VINE RIGHT

49-52                    Vine left: step left to left side; step right behind left; step left to left side; touch right in front of left  
53-56                    Vine right: repeat to right side

## KNEE POPS TWICE

57                      Step left slightly to left side and pop right knee  
58                      Shift weight to right and pop left knee  
59                      Shift weight to left and pop right knee  
60                      Hold  
61-64                    Repeat steps 57-60 on right

## REPEAT

---