

# Weight Loss

COPPERKNOB  
STEPSHEETS

拍数: 72      墙数: 1      级数: Intermediate social cha  
编舞者: Barry Woods (UK)  
音乐: If French Fries Were Fat Free - Alan Jackson



## ROCK STEP, COASTER STEP

1-2            Step forward right, rock back on left  
3&4           Step back on right, step left beside right, step forward on right

## ROCK STEP, COASTER STEP

5-6            Step forward left, rock back on right  
7&8           Step back on left, step right beside left, step forward on left

## HEEL HOOKS, WITH ¼ TURNS

9-12           Touch right heel forward, hook up across front of left leg, touch right heel forward on right diagonal, step right in place, turning ¼ to right, (facing 3:00 wall)  
13-16          Touch left heel forward, hook up across front of right leg, touch left heel forward on left diagonal, step left in place turning ¼ to left, (facing back to 12:00 wall)

## GRAPEVINE WITH CROSS

17-20          Step right to right side, cross left behind right, step right to right side, cross left over right

## SIDE ROCK, CROSS SHUFFLE

21-22          Rock out right, back onto left  
23&24          Cross step right over left, step left to left side, cross step right over left

## LEFT GRAPEVINE, ½ TURN

25-28          Step to left, on left turning ¼ to left, (facing 9:00 wall) step forward on right turning ¼ to left, cross left behind right, step right to right side (facing 6:00 wall)

## ROCK STEP, COASTER STEP

29-30          Step forward left, rock back on right  
31&32          Step back on left, step right beside left, step forward on left

## ROCK STEP, COASTER STEP

33-34          Step forward right, rock back on left  
35&36          Step back on right, step left beside right, step forward on right

## HEEL HOOKS, WITH ¼ TURNS

37-40          Touch left heel forward, hook up across front of right leg, touch left heel forward on left diagonal, step left in place, turning ¼ to left, (facing 3:00 wall)  
41-44          Touch right heel forward, hook up across front of left leg, touch right heel for on right diagonal, step right in place turning ¼ to right, (facing back to 6:00 wall)

## GRAPEVINE WITH CROSS

45-48          Step left to left side, cross right behind left, step left to left side, cross right over left

## SIDE ROCK, CROSS SHUFFLE

49-50          Rock out on left to left, rock back on right  
51&52          Cross step left over right, step right to right side, cross step left over right

## ROCK STEP, SHUFFLE TURN

53-54 Rock forward on right, rock back on left  
55&56 Right half turn shuffle, stepping right, left, right

### **ROCK STEP, SHUFFLE TURN**

57-58 Rock forward on left, rock back on right  
59&60 Left half turn shuffle, stepping left right left

### **¼ TURN RIGHT GRAPEVINE CROSS**

61-64 Step forward on right, stepping a ¼ turn to left (facing 3:00 wall) cross left behind right, step right to right side, cross step left over right

### **SIDE ROCK ¼ TURN**

65-66 Rock out right to right side, rock back on left turning a ¼ turn left, (facing 12:00 wall)

### **WEAVE, WITH TURNS**

67-68 Step forward on right turning a ¼ turn to left, (facing 9:00 wall) cross left behind right  
69-70 Step forward on right turning a ½ turn right, (facing 3:00 wall) step left to left side  
71-72 Cross right behind left, step forward on left turning a ¼ turn to left, (facing 12:00 wall)

**REPEAT**

---