

# Well Spent

COPPERKNOB  
STEPSHEETS

拍数: 80      墙数: 2      级数: Intermediate/Advanced  
编舞者: Rob Fowler (ES)  
音乐: Spent - Trick Pony



## KICK, IN, OUT-IN, HITCH & HEEL & STEP, ½ PIVOT, POINT ¼, POINT ¼

1&2&      Kick right forward, step right together, jump feet apart, jump feet together  
3&4&      Hitch right knee, step back on right, tap left heel forward, step left together  
5-6      Step forward on right, pivot ½ turn left  
7&8      Turn ¼ left and point right to side, hitch right, turn ¼ left and point right to side

## CROSS & HEEL & CROSS UNWIND, SIDE-CLOSE-SIDE, HOLD, JUMP-JUMP

1&2&      Cross step right over left, step left slightly back, tap right heel forward, step right together  
3-4      Cross step left over right, unwind whole turn right (weight ends on left)  
5&6      Step right to side, step left next to right, large step right to side-starting to drag left together  
7&8      Hold - continuing to drag left together, small jump to right side, small jump to right side

**Feet should be together for the above jumps**

## KICK, IN, OUT-IN, HITCH & HEEL & STEP, ½ PIVOT, POINT ¼, POINT ¼

1&2&      Kick left forward, step left together, jump feet apart, jump feet together  
3&4&      Hitch left knee, step back on left, tap right heel forward, step right together  
5&6      Step forward on left, pivot ½ turn right  
7&8      Turn ¼ right and point left to side, hitch left, turn ¼ right and point left to side

## CROSS & HEEL & CROSS UNWIND, SIDE-CLOSE-SIDE, HOLD, JUMP, JUMP

1&2&      Cross step left over right, step right slightly back, tap left heel forward, step left together  
3-4      Cross step right over left, unwind whole turn left (weight ends on right)  
5&6      Step left to side, step right next to left, large step left to side - starting to drag right together  
7&8      Hold - continuing to drag right together, small jump to left side, small jump to left side

**Feet should be together for the above jumps or hops**

## SIDE, BACK-ROCK, SIDE, BACK-ROCK, ¼, POINT ¼, POINT ½, TOUCH

1-2&      Large step to right side, rock back on left, recover weight onto right  
3-4&      Large step to left side, rock back on right, recover weight onto left  
5-6      Step ¼ right on right, turn ¼ right on ball of right and point left to side  
7-8      Turn ½ right on ball of right and point left to side, touch left together

## SIDE, BACK-ROCK, SIDE, BACK-ROCK, ¼, POINT ¼, POINT ½, TOUCH

1-2&      Large step to left side, rock back on right, recover weight onto left  
3-4&      Large step to right side, rock back on left, recover weight onto right  
5-6      Step ¼ left on left, turn ¼ left on ball of left and point right to side  
7-8      Turn ½ left on ball of left and point right to side, touch right together

## FORWARD-ROCK, OUT-OUT-IN-IN, TOUCH BEHIND, ½ TURN, SWEEP ½

1-2      Rock forward on right, recover weight onto left  
&3&4      Step right out to side, step left out to side, step right center, step left together  
5-6      Touch right toe behind, pivot ½ turn right (weight ends on right)  
7-8      Sweep left foot around to front to make ½ turn (or 1 ½) right over two counts

**Weight still remains on right**

## CROSS, POINT, WHOLE SWEEP, SAILOR CROSS, ROCK-TURN-STEP

1-2      Cross step left over right, point right to side

- 3-4 Make a whole turn right on ball of left, at end of turn sweep right foot from front to back  
5&6 Step right behind left, step left to side, cross step right over left  
7&8 Rock left to side, recover weight onto right with a  $\frac{1}{4}$  turn right, step forward on left

**FORWARD-ROCK, OUT-OUT-IN-IN, TOUCH BEHIND,  $\frac{1}{2}$  TURN, SWEEP  $\frac{1}{2}$**

- 1-2 Rock forward on right, recover weight onto left  
&3&4 Step right out to side, step left out to side, step right center, step left together  
5-6 Touch right toe behind, pivot  $\frac{1}{2}$  turn right (weight ends on right)  
7-8 Sweep left foot around to front to make  $\frac{1}{2}$  turn (or 1  $\frac{1}{2}$ ) right over two counts

**CROSS, POINT, WHOLE SWEEP, SAILOR CROSS, ROCK-TURN-STEP**

- 1-2 Cross step left over right, point right to side  
3-4 Make a whole turn right on ball of left, at end of turn sweep right foot from front to back  
5&6 Step right behind left, step left to side, cross step right over left  
7&8 Rock left to side, recover weight onto right with a  $\frac{1}{4}$  turn right, step forward on left

**REPEAT**

**TAG**

The following eight counts to be danced only at the end of the first wall with arms folded right on left

**ROCK FORWARD & BACK & FORWARD, IN-OUT**

- 1&2 Rock forward on right, recover weight onto left, rock back on right  
&3 Recover weight onto left, step forward on right  
&4 Twist heels in, twist heels out

**ROCK BACK & FORWARD & BACK, IN-OUT**

- 1&2 Rock back on right, recover weight onto left, rock forward on right  
&3 Recover weight onto left, step back on right  
&4 Twist heels in, twist heels out
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