

Treated Bad

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Bracken Heidenreich (USA)
音乐: Who's Been Sleeping In My Bed - Bro'Sis



Version Notes:

*Using the
Bro'Sis track,
start the dance
on the vocals
and do the tag
after the 1st
wall*

Using the Black
Eyed Peas
track, start the
dance on ?We
try to take it
slow? and do
the tag after the
9th wall.

**CROSS, SIDE,
AND POINT,
1/2 TURN,
ROCK AND
CROSS, SIDE,
POINT, 1/4
TURN**

1, 2 Step R
across (in front
of) L, Step L to
L side
& 3 Step R next
to L, Point L to L
side
4 Bring L foot in
as you spin 1/2
turn to L, weight
ends on L
(monterey style
turn)
5&6 Rock R to
R side, Recover
weight to L,
Step R across
(in front of) L
&7 Step L to L
side, Point R to
R side

8 Keeping
weight on L,
turn 1/4 R
ending w/ R toe
touched forward
(R knee bent
and slightly
leaning back)

**STEP, 1/4
SKATE,
SKATE,
CROSS AND
HEEL,
SYNCOPATED
WEAVE LEFT
W/ TOUCH**

1 Step slightly
forward putting
weight on R
2 Making 1/4
turn L, skate L
forward
3 Skate R
forward
4&5 Step L
across (in front
of) R, Step R
back to R
diagonal, Touch
L heel forward
on L diagonal
&6&7&8 Step L
to L side, Step
R across (in
front of) L, Step
L to L side, Step
R behind L,
Step L to L side,
Touch R next to
L

**ROLLING 1 1/4
TURN RIGHT
W/ ARMS*,
TOUCH BACK,
TWIST 1/2
TURN, STEP**

1 Making 1/4
turn R, step R
forward
2 Making 1/2
turn R, step L
back
3 Making 1/2
turn R, step R
forward

4 Touch L next
to R bending
both knees
slightly
5 Touch L toe
back
6&7 Making 1/2
turn L, twist
both heels RLR
ending with
weight on R and
L toe forward
with L knee bent

8 Step L
forward

**Arms for
counts 1-4:
Count 1 ? R
arm straight to
R side (parallel
to floor) and L
arm bent with L
hand near
middle of chest
and L elbow
parallel to floor.
Count 2 ? Slide
L arm straight
out to L side
and R arm in to
chest with
elbow bent
(opposite of
Count 1). Count
3 ? Keeping
arms parallel to
floor, make a
1/2 circle in
front of your
body
(straightening R
arm to L
diagonal first) to
end up with
arms in the
same position
as Count 1.
Count 4 ? Arms
down (relaxed
dance
position).*

**WALK, WALK,
SHUFFLE
FORWARD,
PIVOT AND
STEP, 1/4
PADDLE, 3/4
PADDLE**

1,2 Walk
forward R, L
3&4 Shuffle
forward RLR
5&6 Step L
forward, Pivot
1/2 to R, Step L
forward
7 Making 1/4
turn L, point R
to R side
8 Making 3/4
turn L, point R
to R side

**TAG (See
Version Notes
above)**

1,2 Step R
across (in front
of) L, Step L
back
&3 Step R to R
side, Step L
across (in front
of) R
4 Tap R next to
L
