

Hitting The Beat

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Mail Myself To Mexico - Buddy Jewell



SIDE SHUFFLE WITH BACK ROCK STEPS

1&2 Step right to the right, step left next to right, step right to the right
3-4 Rock back on left, step forward on right
5&6 Step left to the left, step right next to left, step left to the left
7-8 Rock back on right, step forward on left

POINT & CROSS TWICE, TWO KICK BALL STEPS FORWARD

1-2 Point right toe to right side, cross right over left
3-4 Point left toe to left side, cross left over right
5&6 Kick right foot forward, step right next to left, step forward on left
7&8 Kick right foot forward, step right next to left, step forward on left

Beginners may continue the point & cross for counts 5&6 and 7&8 making the counts 5, 6, 7, 8

ROCK FORWARD, SHUFFLE BACK, ROCK BACK, SHUFFLE FORWARD

1-2 Rock forward on right foot, step back on left
3&4 Step back on right, step left next to right, step back on right
5-6 Rock back on left foot, step forward on right
7&8 Step forward left, step right next to left, step forward on left

More advanced dancers may do lock steps back and forward for counts 3&4 and 7&8

QUARTER TURN LEFT PIVOT STEP, CROSS OVER & STEP BACK TWICE

1-2 Step right foot forward, turn $\frac{1}{4}$ left and step on left
3-4-5 Cross right over left, step back on left, step back on right
6-7-8 Cross left over right, step back on right, step back on left

REPEAT
