

# Heel If I Know (P)

**COPPER** KNOB  
BY STEPHENETS

拍数: 48      墙数: 0      级数: Partner  
编舞者: Lori Wong (USA)  
音乐: That's My Story - Collin Raye



**Position: Couples start side by side in skater's position, arms are crossed: right hands together below left hands together. Lady's footwork is described. Man's is opposite footwork**  
**This dance is dedicated to my husband who inspired the title of this dance!**

## **SLOW ROCK FORWARD, ROCK BACK**

1-2            Right rock step forward  
3-4            Left step back to center (beginning) position  
5-6            Right rock step back  
7-8            Left step back to center

## **ROCK SIDE, TOGETHER, ¼ TURN AND FACE EACH OTHER, HOLD**

1-2            Right rock step to right (look to right); left step ¼ turn to left (turn to face partner)  
3-4            Right step next to left; hold

## **RIGHT TRIPLE STEP, LEFT TRIPLE STEP**

5&6            Right step right; left step next to right; right step right  
7&8            Left step left; right step next to left; left step left

## **RIGHT ROCK BACK, LEFT WALK FORWARD AND PIVOT ½ TURN TO LEFT**

1-2            Right rock step back; left step forward (start turn to left)  
3-4            Step right forward and pivot on ball of left foot ½ turn to left and left step back next to right  
**Lady steps to left side of man and exchanges position with man - facing partner and OLOD - right hands are now on top of left hands**

## **HIP BUMPS: RIGHT TWICE, LEFT TWICE, RIGHT, LEFT, RIGHT, LEFT**

5-8            Bump hips right, twice; bump hips left, twice  
1-4            Bump hips to right, left, right, left

## **RIGHT WALK FORWARD WITH ½ TURN TO RIGHT, TOUCH LEFT NEXT TO RIGHT**

5-6            Right step forward; left step forward (lady passes man on right)  
7-8            Right step forward; pivot on ball of right foot ½ turn to right and left touch next to right  
**Lady exchanges position with man - facing partner and ILOD - left hands are now on top of right hands**

## **LEFT ROCK, HOLD, RIGHT ROCK, HOLD**

1-2            Left rock step to left; right step in place  
3-4            Left step next to right; hold  
5-6            Right rock step to right; left step in place  
7-8            Right step next to left; hold

## **RIGHT GRAPEVINE WITH A ¼ TURN RIGHT, BRUSH LEFT**

1-4            Right step right; left step behind right; right step ¼ turn right; left brush next to right  
**Skater's position facing LOD**

## **LEFT WALK FORWARD**

5-8            Left step forward; right step forward; left step forward; right touch next to left

## **REPEAT**

