

# East Coast Squeeze

**COPPER KNOB**  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Charlotte Williams (USA)  
音乐: Squeeze Me In - Garth Brooks & Trisha Yearwood



## UNSYNCOPATED TRIPLES WITH TOE TAPS

1-4                      Step right to right, step left beside right, step right to right, tap left toe forward at left angle  
5-8                      Step left to left, step right beside left, step left to left, tap right toe forward at right angle

## TURN ONE-FOURTH, HOLD, TURN ONE-HALF, HOLD, ROCK BACK AND FORWARD, HOLD

1-4                      Step right to right, turning one-fourth ( $\frac{1}{4}$ ) to right, hold, turn one-half ( $\frac{1}{2}$ ) to right, stepping back on left, hold  
5-8                      Step (rock) back on right, step left in place (recover), step (rock) forward on right, hold

## STEP, LOCK, STEP, HOLD, TOE, HEEL, STEP SLIDE

1-4                      Step forward on left, step right behind left (lock), step forward on left, hold  
5-6                      Touch right toe to left instep, touch right heel to left instep  
7-8                      Long step right to right, slide left next to right (weight remains on right)

## OUT-OUT TOE/HEEL STRUTS; IN-IN STEPPING BACK, STEP BACK, TOUCH

1-4                      Step out on ball of left (slightly forward), pushing left hip forward at left diagonal, lower left heel; step out on ball of right (slightly forward), pushing right hip forward at right diagonal, lower right heel  
5-8                      Step in and back on left, step in and back on right, step left back, touch right next to left (with attitude: use a lot of hip and shoulder movement)

**Optional hand movements: when stepping left out, touch right hand to left shoulder, when stepping right out, touch left hand to right shoulder, and hug ("squeeze") yourself as you move back**

## REPEAT

## TAG

**Only for Garth Brooks' song, "Squeeze Me In":**

1-2                      Step right out toe-heel  
3-4                      Step left out toe-heel

**This tag is done one time at the beginning of the 4th sequence (facing 3:00 wall.)**