

# Double Up (P)

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 0      级数: Partner  
编舞者: Eve Blay  
音乐: The Salt in My Tears - Dolly Parton



**Position: Holding Inside Hands Facing LOD. Opposite Footwork**

## MAN'S STEPS

### ¼ TURN, TOUCH, ½ TURN, TOUCH, SIDE, SLIDE, TURN, TOUCH

1-2              Step left ¼ turn to left (ILOD) and touch right beside, step right ½ turn to right side and touch left beside

**Facing partner**

3-4              Step left foot to left side, hold

**Double hand hold**

5-8              Step left to left side, slide right beside left, step left ¼ turn to left, touch right beside left

**Both now facing LOD holding inside hands only**

### ROCK FORWARD, RECOVER, STEP BACK, TOUCH SHUFFLE TWICE

9-12             Rock forward on right, recover back on left, step back on right, touch left cross front of right

13&14           Shuffle forward left, right, left

15&16           Shuffle forward right, left, right

### TURN, STEP BEHIND, ¼, TURN, SCUFF JAZZ-BOX WITH ¼ TURN

17-18           Step left ¼ turn to right, step right behind left

19-20           Step left ¼ turn to left, scuff right forward

21-22           Step right over left, step left back

23-24           Step right ¼ turn to right, touch left beside right

**Both now facing each other double hand hold**

### ROCK FORWARD, RECOVER, STEP BACK, TOUCH SHUFFLES TWICE

25-28           Rock forward on left, recover back on right, step back on left, touch right across front of left

**Release man's right hand, lady's left. Raise man's left hand, lady's right**

29&30           Shuffle forward right, left, right

**Man shuffles across front of lady, passing under raised hands, lady shuffles behind man**

31&32           Shuffle left, right, left, turn ¼ turn left (to LOD)

**You have now changed sides and ready to repeat the 32 steps, except the man now does the lady's steps, hands and moves and lady follows the man's**

**REPEAT**

## LADY'S STEPS

### ¼ TURN, TOUCH, ½ TURN, TOUCH, SIDE, SLIDE, TURN, TOUCH

1-2              Step right ¼ turn to right side (OLOD) touch left beside, step left ½ turn to left side and touch right beside

**Facing partner**

3-4              Step left foot to left side, hold

**Double hand hold**

5-8              Step right to right side, slide left up beside right, step right ¼ turn to right, touch left beside right

**Both now facing LOD holding inside hands only**

### ROCK FORWARD, RECOVER, STEP BACK, TOUCH SHUFFLE TWICE

9-12             Rock forward on left, recover back on right, step back on right, touch right across front of left

13&14 Shuffle forward right, left, right  
15&16 Shuffle forward left, right, left

**TURN, STEP BEHIND, ¼, TURN, SCUFF JAZZ-BOX WITH ¼ TURN**

17-18 Step right ¼ turn to left, step left behind right  
19-20 Step right ¼ turn to right, scuff left forward  
21-22 Step left over right, step right back  
23-24 Step left ¼ turn to left, touch right beside left

**Both now facing each other double hand hold**

**ROCK FORWARD, RECOVER, STEP BACK, TOUCH SHUFFLES TWICE**

25-28 Rock forward on right, recover back on left, step back on right, touch left across front of right

**Release man's right hand, lady's left. Raise man's left hand, lady's right**

29&30 Shuffle forward left, right, left

**Man shuffles across front of lady passing under raised hands, lady shuffles behind man**

31&32 Shuffle right, left, right, turn ¼ turn to right(LOD)

**You have now changed sides and ready to repeat the 32 step, lady now follows the man's steps, hands and moves instruction and man follows the lady's**

**REPEAT**

---