

Cross-Border Connection

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 2 级数: Intermediate
编舞者: Lisa Strong (CAN)
音乐: Baby Workout - George Benson



This dance is dedicated to Charlotte Skeeters, California. Thanks for choreographing a line dance to non-country swing music and re-introducing me to "Huey Lewis and the News". Your inspiration and styling is deeply embedded in my dance.

When dancing to "Baby Work Out", start on the word 'Floor'.

"MOVE UP": FORWARD, HOLD, FORWARD, HOLD, "TRIPLE" FORWARD, ROCK, REPLACE

1-2 Right step forward; hold
3-4 Left step forward; hold
5&6 Right step forward; left step beside right; right step forward
7-8 Left rock-step forward; right rock-step in place (replace weight on right)

"MOVE BACK": BACK, HOLD, BACK, HOLD; SHUFFLE ½ TURN; BRUSH; HITCH; CROSS

1-2 Left step back; hold
3-4 Right step back; hold
5&6 Step left back (starting ½ turn left); right step beside left, step left forward (finishing ½ turn)
7&8 Right brush forward; right knee hitch; right cross-step in front of left (facing 6:00 wall)

Options: On count 1, ½ turn left and step on left; on count 3, ½ turn left and step on right

"SHUFFLE TO THE LEFT": "TRIPLE" SIDE; ROCK; REPLACE; SIDE; SHIMMY; ACROSS; HOLD

1&2 Left step side left; right step beside left; left step side left
3-4 Right rock-step back and behind left; left rock-step in place (replacing weight on left)
5-6 Right step side right as you shimmy bending knees; straighten knees with weight on right foot as you finish shimmy
7-8 Left step across and in front of right; hold

BRUSH; HITCH; CROSS; "WOBBLE TO THE RIGHT": SYNCOPATED JAZZ BOX ¼ TURN, JAZZ BOX ¼ TURN, SIDE:

1&2 Right brush forward; right knee hitch; right cross-step in front of left
3&4 Left step back; turn ¼ right and right step forward; left step forward
5-6 Right cross-step in front of left; left step back
7-8 Turn ¼ right and right step forward; left step side left (facing 12:00 wall)

(Options: as you left step side lean body slightly to the left and allow right foot to raise off the ground; Hands options: snap fingers on count 8 followed by moving hands slightly down and out)

"TRIPLE" CROSS; ROCK ; ROCK ; "TRIPLE" CROSS; SIDE; BRUSH

1&2 Right cross-step across and in front of left; left step side left keeping the foot slight back; right cross-step across and in front of left
3-4 Left rock-step side left; right rock-step side right
5&6 Left cross-step across and in front of right; right step side left keeping the foot slight back; left cross-step across and in front of right
7 Right step side right
8 Left brush forward

TURN; BRUSH; TURN; BRUSH; TURN; BRUSH; TURN; TOUCH COMPLETING A FULL TURN TO THE LEFT:

1-2 Left step turning ¼ turn left; right brush forward
3-4 Right step turning ¼ turn left; left brush forward
5-6 Left step turning ¼ turn left; right brush forward

7-8 Right step turning $\frac{1}{4}$ turn left; left toe touch forward (facing 12:00 wall)
(Hand options: for this 8 count sequence put your hands on your hips)

"WORK OUT": BESIDE, HEEL, FORWARD, TOUCH, BESIDE, HEEL, FORWARD, TOUCH, BESIDE, "TRIPLE" WALK, PIVOT $\frac{1}{2}$:

&1&2 Left step beside right; right heel forward; right step forward; left toe touch beside right

&3&4 Left step beside right; right heel forward; right step forward; left toe touch beside right

&5-7 Left step beside right; right step forward; left step forward; right step forward

8 Pivot $\frac{1}{2}$ turn left as you step left (facing 6:00 wall)

(Options: on counts 1 and 3: right point touch forward)

REPEAT
