

# Bend Me Shape Me

**COPPER** KNOB  
STEPSHEETS

拍数: 60      墙数: 4      级数: Intermediate  
编舞者: Sandi Brooks (USA)  
音乐: Bend Me, Shape Me - The American Breed



## HEEL TOE TURN STOMP

- 1            Right heel forward
- 2            Right toe back
- 3-4        Bending at left knee turn  $\frac{1}{2}$  turn right dropping hips as if going to sit in a chair (stomp on 4)
- 5            Left heel forward
- 6            Left toe back
- 7-8        Bend at right knee turn  $\frac{1}{2}$  turn left dropping hips as if going to sit in a chair (stomp on 8)

## DIAGONAL STOMP & PAUSE \*

- &1&2        Turning body slight to the right - diagonally stomp right and pause (clap, clap optional)
- &3&4        Stomp left, right pause (clap, clap optional)
- &5&6        Repeat diagonally to the left stomp and pause (clap, clap optional),
- &7&8        Stomp left right pause (clap, clap optional)

## TURNING SIDE TOGETHER SIDE STEPS

- 1&2        Step right to right, bring left to right, step right to right turning  $\frac{1}{2}$  turn right
- 3&4        Step left to left, bring right to left, step left to left turning  $\frac{1}{2}$  turn left
- 5&6        Step right to right, bring left to right, step right to right turning  $\frac{1}{2}$  turn right
- 7&8        Step left to left, bring right to left, step left to left turning  $\frac{1}{2}$  turn left

## DIAGONAL STOMP & PAUSE \*

- &1&2        Turning body slight to the right - diagonally stomp right and pause (clap, clap optional)
- &3&4        Stomp left, right pause (clap, clap optional)
- &5&6        Repeat diagonally to the left stomp and pause (clap, clap optional),
- &7&8        Stomp left right pause (clap, clap optional)

## WEAVE WITH A $\frac{1}{2}$ TURN RIGHT AND A $\frac{1}{4}$ TURN LEFT

- 1            Stepping right to right
- 2            Cross left behind right
- 3            Step right  $\frac{1}{4}$  right
- 4            Step left  $\frac{1}{4}$  right
- 5            Step/cross right behind left
- 6            Step left a  $\frac{1}{4}$  turn to left
- 7-8        Stomp/step right to right and stomp/step left to left (slightly apart)

## RIGHT JAZZ SQUARE, FORWARD HEEL GRIND WALKS: TOES FAN OUT

- 1-4        Right jazz square
- 5-6        Right heel grind moving forward: toes fan left to right
- 7-8        Left heel grind moving forward: toes fan right to left

## HEEL GRIND WALKS FORWARD: TOES FAN OUT, TOE-HEEL WALKS BACK

- 1-2        Right toe-heel moving backwards
- 3-4        Left toe-heel moving backwards
- 5-6        Right heel grind moving forward: toes fan left to right
- 7-8        Left heel grind moving forward: toes fan right to left

1-2 Right toe-heel moving backwards  
3-4 Left toe-heel moving backwards

**REPEAT**

You can clap along on the diagonal stomps where it is easily heard in the song "bend me, shape me"

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