

# All Dressed Up

**COPPER KNOB**  
STEPSHEETS

拍数: 42      墙数: 4      级数: Beginner  
编舞者: Sandra Mailman (CAN)  
音乐: Mama Don't Get Dressed Up for Nothing - Brooks & Dunn



## ROCK STEPS

- 1            Rock forward right
- 2            Step back on left
- 3            Rock back on right
- 4            Step forward on left

## PIVOT ½ TURN LEFT

- 5            Step forward on right
- 6            ½ turn to left changing weight to left foot

## ROCK STEPS

- 7            Rock forward on right
- 8            Step back on left
- 9            Rock back on right
- 10           Step forward on left

## PIVOT ½ TURN LEFT

- 11           Step forward on right
- 12           ½ turn to left changing weight to left foot

## TOE HEEL, TOE HEEL

- 13           Step forward on ball of right foot
- 14           Drop right heel down
- 15           Step forward left toe
- 16           Drop left heel down
- 17           Step forward right toe
- 18           Drop right heel down
- 19           Step forward left toe
- 20           Drop left heel down

**(While stepping forward toe heel toe heel shimmy shoulders back and forth)**

## SKIP STEP BACKWARDS

- 21           Skip backwards on right foot
- 22           Skip backwards on left foot
- 23           Skip backwards on right foot
- 24           Step back on left foot

## STEP, SLIDE & SCUFF

- 25           Step forward on right
- 26           Slide left foot next to right
- 27           Step forward on right
- 28           Scuff left foot passed right
- 29           Step left foot forward
- 30           Slide right foot next to left
- 31           Step forward on left
- 32           Scuff right passed left

### **CROSS & ¼ TURN**

- 33 Cross right foot over left
- 34 Unwind making ¾ turn left

### **HIP BUMPS**

- 35 Bump hip right
- 36 Bump hip right
- 37 Bump hip left
- 38 Bump hip left
- 39 Bump hip right
- 40 Bump hip left
- 41 Bump hip right
- 42 Bump hip left

### **REPEAT**

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