

# I'm In a Spin

**COPPER KNOB**  
STEPSHETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Sheila Towers (UK) - May 2010  
音乐: I'm In A Spin - Chris James



Music available at: [www.chrisjamescountry.co.uk](http://www.chrisjamescountry.co.uk)

## 32 Count intro Start on vocals

### Step, Lock, Step, Brush, Step, Lock, Step, Brush

1-2            Step Right foot forward – Lock Left foot behind Right foot  
3-4            Step Right foot forward- Brush Left foot forward  
5-6            Step Left foot forward – Lock Right foot behind left foot  
7-8            Step Left foot forward – Brush Right foot forward

### Walk back Right, Left, Right, Touch Left, Left Grapevine making ¼ turn Left, brush

1-2            Right foot step back – Left foot step back  
3-4            Right foot step back – Touch Left beside Right  
5-6            Left foot step to Left side – Cross right foot behind Left  
7-8            Left foot step ¼ turn Left – Brush Right foot forward

### Jazz box, brush, Jazz box making ¼ turn left, touch

1-2            Right foot cross step over Left – Left foot step back  
3-4            Right foot step to Right side – Left foot brush forward  
5-6            Left foot cross step over Right – Right foot step back  
7-8            Left foot step ¼ turn Left – Touch Right foot beside Left

### Right Grapevine, Step Left beside Right, Heels, Toes, Heels (moving to left) clap

1-2            Right foot step to right side – Cross step Left behind Right  
3-4            Right foot step to Right side – Step Left foot beside Right  
5-6            Swivel Heels Left – Swivel Toes Left  
7-8            Swivel heels to Centre – Clap hands

## Begin Again

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