

# Sweet Distraction

**COPPER** KNOB  
STEPSHETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Steve Lustgraaf (USA) & Letha Blackford (USA) - March 2011  
音乐: Sweet Distraction - David Adam Byrnes



Choreographed at the NTA Dance Camp 2011

Start on vocals.

## Cross, side, sailor, cross, side, behind, turn, step

1-2            Step R across L, step L side left  
3&4           Step R behind L, step L side left, replace R next to L  
5-6           Step L across R, step R side right  
7&8           Step L behind R, make ¼ right and step on R, step L forward

## Rock, recover, triple with ½ turn right, out, out, in, in, hip bumps

1-2            Rock R forward, recover L  
3&4            Make ½ turn right stepping R, L, R  
&5            Step L slightly out left, step R slightly out right  
&6            Step L in, step R in  
7&8            Bump hips left, right, left

Restart here on walls 4, 9 and 12

## Rock, recover, coaster step, rock, recover, coaster step

1-2            Rock R forward, recover L  
3&4            Step R back, L next to R, step R forward  
5-6            Rock L forward, recover L  
7&8            Step L back, R next to L, step L forward

## Pivot turn X 2, jazz box

1-2            Step R forward and pivot ½ left  
3-4            Step R forward and pivot ½ left  
5-6            Step R across L, step L back  
7-8            Step R side right, step L slightly forward

**TAG: 4 count tag at the end of wall 12 (which is a restart wall – do 16 counts, then tag):**

&1            Step L slightly out left, step R slightly out right  
&2            Step L in, step R in  
3&4            Bump hips left, right, left

Contacts:

Steve Lustgraaf – [dncntime@aol.com](mailto:dncntime@aol.com)

Letha Blackford – [blackfordla@hotmail.com](mailto:blackfordla@hotmail.com)