

# Switchin' Gears

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Michelle Jackson (USA) - May 2011  
音乐: Truckin - Tom Dixon Band



Alt. Music: "Feel the Music" by Tiffany

## RIGHT HEEL GRIND, COASTER STEP, LEFT HEEL GRIND, COASTER

1-2            step right heel fwd & grind right, recover to left  
3&4           step right back, step left together, step right fwd  
5-6           step left heel fwd & grind left, recover to right  
7&8           step left back, step right together, step left fwd (12 o'clock)

## BALANCE FWD RIGHT & LEFT HEELS (TOES UP), BACK RIGHT & LEFT, SIDE SHUFFLE, 1/4 TURN SHUFFLE

1-2            step fwd on right heel & balance step fwd on left heel & balance (toes point up)  
3-4            step right back, step left back  
5&6           step right to side, step left together, step right to side  
7&8           turn ¼ turn left stepping left to side, step right together, step left to side (9oclock)

## RIGHT ROCKING CHAIR, RIGHT LINDY

1-2            rock right fwd, recover onto left  
3-4            rock right back, recover onto left  
5&6           step right to side, step left together, step right to side  
7-8            rock left back, recover onto right (9 o'clock)

## LEFT LINDY, 1/8 PIVOT TURN W/ HIP BUMP, 1/8 PIVOT TURN W/HIP BUMP

1&2            step left to side, step right together, step left to side  
3-4            rock right back, recover onto left  
5-6            make 1/8 turn left stepping right fwd while pushing right hip fwd, recover left  
7-8            make 1/8 turn left stepping right fwd while pushing right hip fwd, recover left (6 o'clock)

When using Truckin/Tom Dixon Band, 8th wall, dance 1st 20 counts (rocking chair)  
Then do last 4 counts of dance (1/8 pivots) then RESTART =)

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