

# Frank And Lola

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Easy Beginner  
編舞者: Roger Neff (USA) - March 2015  
音樂: Frank and Lola - Jimmy Buffett



Intro: 32 counts

**[1-8] □ □ Chassé to R, Back Rock, Chasé to L, Back Rock**

1&2,3-4      Step to R, Step L beside R, Step to R, Rock back on L, Recover on R  
5&6,7-8      Step to L, Step R beside L, Step to L, Rock back on R, Recover on L

**[9-16] □ □ R Lock Steps Fwd, Scuff, L Lock Steps Fwd, Scuff**

1-2-3-4      Step fwd on R, Lock L behind R, Step fwd on R, Scuff L  
5-6-7-8      Step fwd on L, Lock R behind L, Step fwd on L, Scuff R

**[17-24] □ □ Jazz Box with Cross, Side Touches**

1-2-3-4      Step R over L, Step back on L, Step to R, Step L over R  
5-6-7-8      Step to R, Touch L beside R, Step to L, Touch R beside L

**[25-32] □ □ Step Fwd on R, Hold, Turn ¼ to L and Step on L, Hold, □ Swivel Inward Toes, Heels, Toes, Heel Bounce**

1-2-3-4      Step fwd on R, Hold, turn ¼ to L and step on L, Hold  
5-6-7-8      Swivel toes inward, Swivel Heels inward, Swivel Toes inward, Bounce heels

**RESTART: At the end of the 8th rotation there is a Restart at the end of 24 counts.  
You will be facing 3:00.**

Contact Roger at: [lingofun@sbcglobal.net](mailto:lingofun@sbcglobal.net)