

# Mayday

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Hayley Wheatley (UK) - May 2015  
音樂: Rescue Me - Fontella Bass



Intro:- 32 Counts

## GRAPEVINE RIGHT, GRAPEVINE LEFT

1-2      Step right foot to right side, step left foot behind right  
3-4      Step right foot to right side, touch left toe next to right foot  
5-6      Step left foot to left side, step right foot behind left  
7-8      Step left foot to left side, touch right toe next to left foot

## STEP, SWEEP, STEP, SWEEP, STEP, SWEEP, STEP HOLD

1-2      Step forward on right foot, sweep left foot out and around to front  
3-4      Step forward onto left foot, sweep right foot out and around to front  
5-6      Step forward on right foot, sweep left foot out and around to front  
7-8      Step forward on left foot, hold

## ROCKING CHAIR, PADDLE 1/8 TURN LEFT X2

1 -2      Rock forward on right foot, recover onto left  
3-4      Rock back on right foot, recover onto left  
5-6      Place ball of R foot forward, pushing off onto L with a 1/8 turn left  
7-8      Place ball of R foot forward, pushing off onto L with a 1/8 turn left (9:00)

## SYNCOPATED JUMP FORWARD, CLAP, SYNCOPATED JUMP BACK, CLAP, HEEL DROPS

&1-2      Small step forward on right foot, step left foot next to right , clap  
&3-4      Small step back on right foot, step left foot next to right , clap  
5-6      Touch right toe forward and out, drop right heel (taking weight)  
7-8      Touch left toe forward and out, drop left heel (taking weight)

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