

# Train With The Blues

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Upper Beginner  
編舞者: Cheryl Hosking (AUS) - August 2009  
音樂: I'm Blue, I'm Lonesome - Marty Stuart : (Album: Tempted)



**Start Position: Feet together - with weight on L foot.**

**Starts on vocals – counts 48 in. Rotation: Clockwise**

## **HEEL STRUT, HEEL STRUT, HEEL STRUT, PADDLE TURN.**

1,2            R heel strut- step R heel forward, drop weight onto ball of R foot,  
3,4            L heel strut- step L heel forward, drop weight onto ball of L foot,  
5,6            R heel strut- step R heel forward, drop weight onto ball of R foot,  
7,8            Paddle turn – step L forward, pivot 90 degrees R - weight on R, (3:00 wall)

## **ROCKING CHAIR, FORWARD, TOUCH, SIDE, TOGETHER.**

1,2,3,4        L rocking chair – step L forward, rock/replace weight back on R, step L back, Rock / replace  
weight forward on R,  
5,6            Step L forward, touch R beside L,  
7,8            Step R to R side, step L beside R,

## **BACK,CROSS,BACK, TOUCH , SIDE, TOUCH, SIDE, TOUCH.**

1,2,3,4        Step R back to R45, step L across in front of R, step R back to R45, touch L beside R,  
5,6            Step L to L side, touch R beside L,  
7,8            Step R to R side, touch L beside R,

## **FORWARD, LOCK, FORWARD, TOUCH, VINE R, TOGETHER.**

1,2,3,4        Step L forward, step/lock R behind L heel, step L forward, touch R beside L,  
5,6,7,8        Vine R – step R to R side, step L behind R, step R to R side, step L beside R.

[32]

**REPEAT DANCE IN NEW DIRECTION**

**Finish: Dance heel struts to the end of music.**

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