

# Humble and Kind!

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BY STEPHEN PATERSON

拍數: 48      牆數: 4      級數: Intermediate waltz  
編舞者: Stephen Paterson (AUS) - January 2016  
音樂: Humble and Kind - Tim McGraw : (Album: Damn Country Music - iTunes - 4:20)



Start dance after 48 counts

## DANCE:

[1-12]□□ Cross, Hold, Quarter Back, Back, Drag, Lock, Back, Together, Forward, Forward, Drag, Lock

- 1 2 3      Step right across left, hold, turn 1/4 right then step left back - 3.00  
4 5 6      Step right back, hold (dragging left into next step), lock left across right  
1 2 3      Step right back, step left beside right, step right forward  
4 5 6      Step left forward, hold (dragging right into next step), lock right in behind left - 3.00

[13-24]□□ Forward, Slow Sweep Quarter, Across, Quarter Back, Three Eights Forward, Forward, Slow Drag, Coaster Forward Right

- 1 2 3      Step left forward, turn 1/4 left as you sweep right over 2 counts - 12.00  
4 5 6      Step right across left, turn 1/4 right then step left back, turn 3/8 right then step right forward - 7.30  
1 2 3      Step left forward, hold, hold (dragging right through into next step)  
4 5 6      Step right forward, step left beside right, step right back - 7.30

[25-36]□□ Back, Lock, Back, Half Forward, Slow Sweep, Cross, Rock Side, Recover, Cross, Quarter, Quarter

- 1 2 3      Step left back, lock right across left, step left back  
4 5 6      Turn 1/2 right then step right forward, sweep left around over 2 counts - 1.30  
1 2 3      Step left across right, rock step right out to side, recover weight onto left in place turning 1/8 left - 12.00  
4 5 6      Step right across, turn 1/4 right then step left back, turn 1/4 right then step right out to side - 6.00

[37-48]□□ Rock Across, Hold, Hold, Recover, Hold, Quarter Forward, Step, Slow Half Pivot, Step, Slow Half Pivot

- 1 2 3      Rock step left across right, hold, hold  
4 5 6      Recover weight back onto right in place, hold, turn 1/4 left then step left forward - 3.00  
1 2 3      Step right forward, pivot 1/2 left keeping weight over right, take weight forward onto left in place - 9.00  
4 5 6      Step right forward, pivot 1/2 left keeping weight over right, take weight forward onto left in place - 3.00

This is an original dance sheet, feel free to copy without change for distribution

LDSP - Stephen Paterson Mob: 0438 695 494, email: [steve.cowboy@bigpond.com](mailto:steve.cowboy@bigpond.com)