

# The Pill

**COPPER KNOB**  
STEPSHEETS

拍數: 36      牆數: 2      級數: Beginner / Improver  
編舞者: Rose Fleming (AUS) - March 2016  
音樂: The Pill - Loretta Lynn : (Album: Gold - iTunes)



**Intro: 16 Beat's On Vocals - 4 RESTARTS**

**Start Position: Feet Together – Weight On Left.**

**[1 – 8] SIDE ROCK, CROSS HOLD, SIDE ROCK, CROSS HOLD.**

1 – 2            Step R to R, Replace weight to L,  
3 – 4            Cross step R over L, Hold,  
5 – 6            Step L to L, Replace weight to R,  
7 – 8            Cross step L over R, Hold. ##

**[9 – 16] STEP LOCK STEP SCUFF, STEP LOCK STEP SCUFF.**

1 – 2 – 3 - 4    Step R forward, Lock L behind R, Step R Forward, Scuff L.  
5 – 6 – 7 - 8    Step L forward, Lock R behind L, Scuff R.

**[17 – 24] TOE STRUT JAZZ BOX WITH 1/4 R TURN**

1 – 2            Touch R toe forward, drop R heel,  
3 – 4            Touch L toe back, drop L heel,  
5 – 6            Touch R toe to R side turning 1/4 R, drop R heel,  
7 – 8            Touch L toe forward, drop L heel.

**[25 – 32] VINE RIGHT ¼ TURN & TOUCH, VINE LEFT & TOUCH**

1 – 2 – 3 – 4    Step R to R side, Cross L behind R, Turn ¼ R, touch L beside R.  
5 – 6 – 7 – 8    Step L to L side, Cross R behind L, Step L to L side, Touch R beside L. #

**[33 - 36] HIPS BOMPS R,L,R,L**

1 - 2            Step R forward push R hip forward, step L back push L hip back  
3 - 4            Step R forward push R hip forward, step back L push L hip back

**RESTART 1: # Walls 1,3 & 8 dance to count 32 then RESTART the dance**

**RESTART 2: ## Wall 7 dance to count 8 then RESTART the dance**

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