

# The Michigan in Me

**COPPER KNOB**  
STEPPERS

拍數: 164      牆數: 1      級數: Phrased Beginner  
編舞者: Debby McMullen (USA) - February 2017  
音樂: The Michigan In Me - Jeff Daniels



Sequence: A, B, C, DD, CC, DD, EE, F, G, HHH, III, J, KK, L

## PART A: 16c

### WALK WALK SHUFFLE, WALK WALK SHUFFLE

1-2            Step Rf fwd, Step Lf fwd,  
3&4            Shuffle fwd (RLR)  
5-6            Step LF fwd, Step RF fwd,  
7&8            Shuffle fwd (LRL)

### BACK BACK SHUFFLE, BACK BACK SHUFFLE

1-2            Step Rf back, Step Lf back,  
3&4            Shuffle back(RLR)  
5-6            Step LF back, Step RF back,  
7&8            Shuffle back (LRL)

## PART B: 16c

### ROCK FORWARD, SIDE, BACK, SHUFFLE RIGHT

1-2            Rock fwd Rf, Recover  
3-4            Rock right Rf, Recover  
5-6            Rock back Rf, Recover  
7&8            Shuffle to right (RLR)

### ROCK FORWARD, SIDE, BACK, SHUFFLE LEFT

1-2            Rock fwd Lf, Recover  
3-4            Rock left Lf, Recover  
5-6            Rock back Lf, Recover  
7&8            Shuffle to left (LRL)

## PART C: 16 c

### WALK IN A HALF-CIRCLE TO FACE BACK, SWAY RLRL

1-2-3-4        Step Rf, Step Lf, Step Rf, Step Lf (Make ½ circle & end facing back)  
5-6-7-8        Sway 4 times (RLRL) with shoulder movements

### WALK IN A HALF-CIRCLE TO FACE FRONT, SWAY RLRL

1-2-3-4        Step Rf, Step Lf, Step Rf, Step Lf (Make ½ circle & end facing front)  
5-6-7-8        Sway 4 times (RLRL) with shoulder movements

## PART D: 16c

### KICK STEP, KICK STEP, KICK STEP, KICK STEP, KICK BACK SIDE FRONT, VINE TO LEFT

1&2&3&4&      Kick step Rf, Kick Step Lf, Kick step Rf, Kick Step Lf (moving to right)  
5&6&            Kick Rf, step Rf behind Lf, Step Lf to left, Cross Rf over Lf  
7&8&            Step LF to left, step Rf behind Lf, Step LF to left, Cross RF over LF

### KICK STEP, KICK STEP, KICK STEP, KICK STEP, KICK BACK SIDE FRONT, VINE TO RIGHT

1&2&3&4&      Kick Step Lf, Kick Step Rf, Kick Step Lf, Kick Step Rf (moving to left)  
5&6&            Kick Lf, step Lf behind Rf, Step Rf to right, Cross Lf over Rf  
7&8&            Step Rf to right, step Lf behind Rf, Step Rf to right, Cross Lf over Rf

**PART E: 16c**

**STEP ¼ RIGHT, TOUCH, STEP ¼ LEFT, STEP**

1-2-3-4 Turn ¼ right and Step Rf, Touch Lf behind Rf

5-6-7-8 Turn ¼ left and Step Lf, Step Rf next to Lf

**STEP ¼ LEFT, TOUCH, STEP ¼ RIGHT, STEP**

1-2-3-4 Turn ¼ left and Step Lf, Touch Rf behind Lf

5-6-7-8 Turn ¼ right and Step Rf, Step Lf next to Rf

**PART F: 8c**

**SHUFFLE TO RIGHT, ROCK BACK ON LF, RECOVER, SHUFFLE TO LEFT, ROCK BACK ON RF, RECOVER**

1&2-3-4 Shuffle to right, rock back on Lf, Recover

5&6-7-8 Shuffle to left, rock back on Rf, Recover

**PART G: 16c**

**FACE 3:00 WALL. WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE, MAKING A LARGE ½ CIRCLE (9:00)**

1-2-3&4 Face 3:00 Wall, Step Rf, Step Lf, Step Rf, Step Lf next to Rf, Step Rf

5-6-7&8 Step Lf, Step Rf, Step Lf, Step Rf next to Lf, Step Lf

**FACING 9:00 WALL, WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE (IN A STRAIGHT LINE)**

1-2-3&4 Step Rf, Step Lf, Step Rf, Step Lf next to Rf, Step Rf

5-6-7&8 Step Lf, Step Rf, Step Lf, Step Rf next to Lf, Step Lf

**PART H: 8c**

**ARM MOVEMENT (FACING 9:00): RIGHT ARM UP, LEFT ARM UP, RIGHT ARM DOWN, LEFT ARM DOWN.**

**Facing 9:00, stand with Rf forward and right knee bent and arms straight down.**

**Arm Movements are:**

1-2 Raise right arm straight forward and overhead

3-4 Raise left arm straight forward and overhead

5-6 Lower right arm to original position

7-8 Lower left arm to original position

**PART I: 8c**

**ARM MOVEMENT (FACING 3:00): LEFT ARM UP, RIGHT ARM UP, LEFT ARM DOWN, RIGHT ARM DOWN.**

**Facing 3:00, stand with Lf forward and left knee bent and arms straight down.**

**Arm Movements are:**

1-2 Raise left arm straight forward and overhead

3-4 Raise right arm straight forward and overhead

5-6 Lower left arm to original position

7-8 Lower right arm to original position

**PART J: 16c**

**STEP, CROSS, STEP, CROSS, SHUFFLE, ROCK BACK, RECOVER**

**Facing 3:00, and moving diagonally forward and to the right:**

1-2-3-4 Step Rf to right, Cross Lf over Rf, Step Rf to right, Cross Lf over Rf (make figure 8s with right hand)

5&6-7-8 Step RF to right, Step Lf next to Rf, Step Rf to right, Rock back on Lf, Recover

**STEP, CROSS, STEP, CROSS, SHUFFLE, ROCK BACK, RECOVER**

**Facing 12:00, moving diagonally forward and to the left:**

1-2-3-4 Step LF to left, Cross Rf over Lf, Step LF to left, Cross Rf over Lf (make figure 8 with left hand)

5&6-7-8 Step LF to left, Step Rf next to Lf, Step Lf to right, Rock back on Rf, Recover

**PART K: 16c**

**STEP, CROSS, STEP, CROSS, SHUFFLE, ROCK BACK, RECOVER**

**Facing 12:00, and moving to the right:**

- 1-2-3-4            Step Rf to right, Cross Lf over Rf, Step Rf to right, Cross Lf over Rf (make figure 8s with right hand)  
5&6-7-8           Step RF to right, Step Lf next to Rf, Step Rf to right, Rock back on Lf, Recover

**STEP, CROSS, STEP, CROSS, SHUFFLE, ROCK BACK, RECOVER**

**Facing 12:00, moving to the left:**

- 1-2-3-4            Step LF to left, Cross Rf over Lf, Step LF to left, Cross Rf over Lf (make figure 8s with left hand)  
5&6-7-8           Step LF to left, Step Rf next to Lf, Step Lf to left, Rock back on Rf, Recover

**PART L: 12c**

**WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE**

**Facing 3:00 and making a half circle to the left:**

- 1-2-3&4            Step Rf, Step Lf, Step forward on Rf, Step Lf next to Rf, Step forward on Rf  
5-6-7&8            Step LF, Step RF, Step forward on Lf, Step Rf next to Lf, Step forward on Lf

**WALK, WALK, SHUFFLE, SWING ARMS, TURN ¼ RIGHT AND POSE WITH MICHIGAN HAND POSITION**

**Facing 9:00:**

- 1-2-3&4            Step Rf, Step Lf, Step forward on Rf, Step Lf next to Rf, Step forward on Rf

**Swing arms across chest, open above head, and back down to sides.**

**Turn to the right with hands in front of body, fingers extended and palms facing in. Hold left hand with fingers extending upward, and right hand directly above, with fingers extending to the left.**

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