

B. f. B. B (Born for Bain de Bretagne)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Newcomer
編舞者: Cati Torrella (ES) - July 2010
音樂: Speed the Plow Medley (Speed the Plow / The Maid Behind the Bar /
Temperance Reel) - The Quebe Sisters



Intro: 4 counts.

[1-8]: HEEL & HEEL & HEEL BRUSH SCUFF, STOMP, STOMP, TRIPLE STEP

1 Touch Right Heel forward
& Step RF beside LF
2 Touch Left Heel forward
& Step LF beside RF
3 Touch Right Heel forward
& Brush back RF across LF
4 Scuff RF forward
5 Stomp RF beside LF
6 Stomp LF beside RF
7 Step forward RF
& Step forward LF, behind RF (3^a pos.)
8 Step Forward RF

[9-16]: ROCK STEP FORWARD, COASTER STEP, STEP ¼ TURN, CROSS SHUFFLE

1 Rock forward LF
2 Recover weight on RF
3 Step back LF
& Step back RF, beside LF
4 Step forward LF
5 Step forward RF
6 ¼ Turn to left, weight on LF
7 Cross RF over LF
& Step LF to left side
8 Cross RF over LF

[17-24]: HEEL JACKS (VAUDEVILLE STEP), SIDE ROCK STEP, CROSS SHUFFLE

& Step LF to left side
1 Touch Right Heel forward to right diagonal
& Step RF beside LF
2 Cross LF over RF
& Step RF to right side
3 Touch Left Heel forward to left diagonal
& Step LF beside RF
4 Cross RF over LF
5 Rock LF to left side
6 Recover weight on RF
7 Cross LF over RF
& Step RF to right side
8 Cross LF over RF

[25-32]: STEP ½ TURN, TRIPLE STEP, ROCK STEP, COASTER STEP

1 Step forward RF
2 ½ Turn to left, weight on LF

- 3 Step forward RF
- & Step forward LF behind RF (3^a pos.)
- 4 Step Forward RF
- 5 Rock forward on LF
- 6 Recover weight on RF
- 7 Step bacvk on LF
- & Step back on RF beside LF
- 8 Step forward on LF

START AGAIN

ENDING: At the end of 8th wall, looking to 12:00, finish the dance doing the following step:

- 1 Touch Right Heel forward
 - & Step RF beside LF
 - 2 Touch Left Heel forward
 - & Step LF beside RF
 - 3 Touch Right Heel forward
 - 5 Stomp RF beside LF
 - 6 Stomp LF beside RF
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