

# 15 Minutes

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Tiziana Nastasi (IT) - October 2016  
音樂: 15 Minutes - Rodney Atkins



## SHUFFLE, ROCK STEP, SIDE TOGETHER and CLAP X 2

1&2      Chassè side right-left-right  
3-4      Rock left behind, recover to right  
5-6      Step left side, touch together and clap  
7-8      Step right side, step together and clap

## TOE STRUT, TOE STRUT, STEP ¼ R, WALK, STOMP X 2

1-2      Touch right toe over left, drop right heel  
3-4      touch left toe back, drop left heel  
5-6      ¼ turn right and step right forward, step left forward  
7-8      Stomp right next left twice

## ROCKING CHAIR, PIVOT, HOP R FW, STOMP TOGHETER

1-2      Rock right forward, recover to left  
3-4      Rock right back, recover to left  
5-6      Step right forward, ½ turn left (weight on the left)  
7-8      Hop right forward, stomp left together

## HIP BUMPS X2 R, HIP BUMP X2 L, SWIVEL

1-2      push hips right twice  
3-4      push hips left twice  
5-8      twist heels to the right, twist toes to the right, twist heels to the right, twist toes to the center

## REPEAT

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