

# Still The Same

COPPER KNOB  
BY FRANK HEELAN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Frank Heelan (IRE) - August 2018  
音樂: "He Ain't Gonna Change" by Hayden Panettiere & Connie Britton



## INTRO: 32 COUNTS

### SEC 1: STEP LOCK, STEP LOCK STEP, ROCK STEP, COASTER STEP.

1-2            Step forward right, lock left behind.  
3&4           Step forward right, lock left behind, forward right.  
5-6           Rock forward left, recover to right.  
7&8           Step back left, right together, forward left. (12.00)

### SEC 2: BEHIND UNWIND, SIDE ROCK CROSS, SIDE BEHIND, BALL CROSS SIDE.

1-2            Touch right toe back, unwind  $\frac{1}{2}$  turn. (6.00)  
3&4           Rock left to left, recover to right, cross left over right.  
5-6           Step right to right, cross left behind.  
&7-8          Step on ball of right, cross left over right, step right to right.

### SEC 3: SAILOR $\frac{1}{4}$ LEFT, TURN, TURN, ROCK STEP, BALL STEP, BACK.

1&2            Step left behind right, turn  $\frac{1}{4}$  left step right to right, recover to left. (3.00)  
3-4            Turn  $\frac{1}{2}$  left, step back oh right, turn  $\frac{1}{2}$  left stepping forward on left.  
5-6            Rock forward on right, recover to left  
&7-8          Step ball of right next to left, back left, back right.

### SEC 4: BACK, BACK, COASTER STEP, ROCKING CHAIR.

1-2            Step back left, step back right.  
3&4           Step back left, right together, step forward left.  
5-6            Rock forward on right, recover to left.  
7-8            Rock back on right, recover to left. (3.00)

Contact: [heelanjohnl@gmail.com](mailto:heelanjohnl@gmail.com)