

# My Baby & Me

COPPER KNOB  
BY SHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Mike Hitchen (UK) - October 2019  
音樂: Morning Train (Nine to Five) (Edit) - Sheena Easton : (iTunes, amazon)



## #32 Count Intro

### Section 1: Side Behind, & Cross Side, Sailor ¼ Turn Right, Rock Step.

1-2            Step left to side, Cross right behind.  
&3-4         Step left to side, Cross right over left, Step left to side 12:00  
5&6         Step right behind left turning ¼ turn right, Step left to side, Step right forward. 3:00  
7-8            Rock forward on left, Recover to right.

### Section 2: Shuffle ½ Turn Left, Step ¼ Turn Left, Cross Right Over Left ¼ Turn Right, chasse ¼ Turn Right.

1&2            Step left foot ¼ turn left, Step right together, Step left ¼ turn left. 9:00  
3-4            Step forward on right, Pivot ¼ turn left. 6:00  
5-6            Cross right over left, Turn ¼ turn right stepping back on left. 9:00  
7&8            Step right foot ¼ turn right, Step left together, Step right to side 12:00

### Section 2: 2X Cross points, 2X Sailor Steps.

1-2            Cross left over right, Touch right to side.  
3-4            Cross right over left, Touch left to side.  
5&6            Cross left behind right, Step right to side, Step left to side.  
7&8            Cross right behind left, Step left to side, Step right to side.

### Section 4: Figure of 8.

1-2            Cross left behind right, Step right ¼ turn right 3:00  
3-4            Step forward on left, Pivot ½ turn right. 9:00  
5-6            Step left ¼ turn right, Step right foot behind , 12:00  
7-8            Step left ¼ turn left, Step right forward. 9:00

### Section 5: 2X Step ½ Turns, Cross Rock, Side Rock.

1-2            Step left forward. Pivot ½ turn right.  
3-4            Step left forward. Pivot ½ turn right. (Weight on right) 9:00

### Restart here : on walls 3 and 5

5&6            Cross rock left over right, Recover to right.  
7&8            Rock left to side, Recover to right.

### Section 6: Cross Left Behind Right, Kickball Cross, step Right ¼ Turn Right, Step ½ Turn, Full Turn.

1-2            Cross left behind right, kick right forward. 9:00  
&-3-4         Step on to right, Cross left over right, Step right ¼ turn right. 12:00  
5-6            Step left forward, pivot ½ turn right. (Weight on Right) 6:00  
7-8            Turn ½ turn right stepping left back, ½ Turn right stepping right forward. (Optional 2 Walks forward) 6:00

### Section 7: Rocking Chair With ¼ Turn Left, Cross Flick, Cross Flick.

1-2            Rock forward on left, Recover to right.  
3-4            Rock back on left recover to right with ¼ turn left. (weight on right) 3:00  
5-6            Cross left over right, Flick right to side.  
7-8            Cross right over left, Flick left to side

### Section 8: Rock Step, Shuffle ½ Turn, Rock Step, Coaster Cross.

1-2            Rock left forward, Recover to right.

3&4 Step left ¼ turn left, Step right together, Step left ¼ turn left. 9:00  
5-6 Rock forward on right. Recover to left  
7&8 Step right back, Step left together, Step right across left

**\*1 Tag after wall 1- 4 Hip Bumps**

**\*\*2 Restarts on walls 3 and 5 after 36 counts**

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