

# Heels In My Hand

COPPER KNOB  
BY STEPHEN

拍數: 48      牆數: 4      級數:  
編舞者: Lesley Miller (UK) - January 2020  
音樂: High Heels (feat. Sink the Pink) - Melanie C



## #32 intro start on instrumental - No Tags Or Restarts

### Section 1: Step lock step scuff x 2

1 2 3 4      Step RF forward, lock LF behind R, step R, scuff LF  
5 6 7 8      Step LF forward, lock RF behind L, step L, scuff RF

### Section 2: Jazz box with struts

1 2 3 4      Cross RF toe over L, lower R heel, step LF back on the toe lower L heel  
5 6 7 8      Step RF to R side on toe, lower R heel, step Lf to R

### Section 3: Foot twists x 3 ¼ turn scuff

1 2 3 4      Twist heels to R, Twist toes to R, Twist heels to R, flick LF behind R knee  
5 6 7 8      Step LF to L, step RF behind L, step LF ¼ turn L, Scuff RF forward

### Section 4: Slow pivot ½ turn jazz box

1 2 3 4      Step RF forward hold, 1/2 turn L hold,  
5 6 7 8      Cross RF over L, step back LF, step RF to R, step LF to RF

### Section 5: Open box Grapevine R

1 2 3 4      Step RF to R corner, step LF to L corner, step back RF, step LF to RF  
5 6 7 8      Step RF to R, step LF behind R, Step RF to R, tap LF to RF

### Section 6: Grapevine L 4x knee switches

1 2 3 4      Step LF to L, step RF behind L, Step LF to L, tap RF to LF  
5 6 7 8      Lower R heel bending L knee inwards, Lower L heel bending R knee inwards, Lower R heel bending L knee inwards, Lower L heel bending R knee inwards

**Ending: Half turn the last grapevine to the left to finish facing front**

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