

# Bend Me Shape Me

COPPERKNOB  
STEPPERS

拍數: 40      牆數: 2      級數: Beginner  
編舞者: Judy Brannon (USA) - September 2020  
音樂: Bend Me, Shape Me - The American Breed



## No Tags No Restarts

### Vine 4 to Right, Side Rock Cross and Hold

1-4            Step R to right, Step L behind R, Step R to right, Cross L over R  
5-8            Rock R to right side, Recover on L, Cross R over L, Hold

### Vine 4 to Left, Side Rock Cross and Hold

1-4            Step L to left, Step R behind L, Step L to left, Cross R over L  
5-8            Rock L to left side, Recover on R, Cross L over R, Hold

### Right Lock Step, Hold, Left Lock Step Hold

1-4            Step R foot forward, Lock L foot behind R, Step R foot Forward, Hold  
5-8            Step L foot forward, Lock R foot behind L, Step L foot forward, Hold

### Right Jazz Box- hold, Left Jazz Box - hold

1-4            Cross R foot over L, Step L foot back, Step R foot beside L, Hold  
5-8            Cross L foot over R, Step R foot Back, Step L foot beside R, Hold

### Chase 1/2 Turn-hold, Left Jazz Box, Hold

1-4            Step R foot forward, Pivot 1/2 turn left, Step R foot forward, Hold  
5-8            Cross L foot over R, Step back on R, Step L beside R and Hold.

REPEAT

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