

Lose Your Shoes And Dance With Me

COPPER **NOB**
BY STEPHEN BATES

拍數: 48 牆數: 2 級數: Improver
編舞者: Karen Anderson-Morris (UK) - November 2022
音樂: Dance - Tim Halperin



Intro: 16 Count - start on the first word - "Honey" (Honey, we got a moon that's full)

Section 1: Step and a Hold, Ball Cross, Side, Behind, Side, Right Shuffle Across

1-2&3-4 Right step to the side and hold (1,2) Close Left foot to Right (&), Right Ball Cross in front across (3), Left to Left side (4)
5-6, 7&8 Right behind (5), Left to Side (6), Right in front to Shuffle Across, Right, Left, Right (7&8)

Section 2: Step & Touch, Step & Touch, Kick, Ball Change, Ball Change, Step Left ¼ Left

1-2, 3-4 Step Left to Side (1) Touch Right to Left (2) (with hip & shoulder attitude) Step Right to Side (3) Touch Left to Right (4) (with hip & shoulder attitude)
5&6&7-8 Left Kick Forward and slightly to Left (5), Replace Left on Ball (&) Right Across Front (6) Small Left step to Side (&) Right Across Front (7) Left Step ¼ to Left (8) (facing 9 o'clock)

Section 3: 2 Crossing Sambas, Right Jazz Box

1&2, 3&4 Right Step forward and across (1) Left to Side on Ball of foot (&) Replace Right (2) Left Step forward and across (3) Right to Side on Ball of foot (&) Replace Left (4)
5-6-7-8 Right Jazz Box - Cross Right Foot over Left (5) Left Step Back (6) Right Step to Right (7) Close Left to Right (8)

Section 4: Right Rocking Chair, Rock Recover, Step Back ¼ Left

1-2-3-4 Right Rocking Chair - Right Step forward (1), Replace Left on Spot (2), Right Step Back (3), Replace Left on Spot (4)
5-6-7-8 Rock Recover - Right Step forward (5), Replace Left on Spot (6), Right Step Back (7), Left Step to Side turning ¼ to Left (8) (facing 6 o'clock)

Section 5 Right Cross Rock, Side Shuffle, Left Cross Rock, Side Shuffle

1-2, 3&4 Right Cross Rock - Right Step across Left in front (1), Replace Left (2), Right Step to Right Side (3), Left Foot to Right Foot (&) Right Foot to Side (4)
5-6, 7&8 Left Cross Rock - Left Step across Right in front (5), Replace Right (6), Left Step to Left Side (7), Right Foot to Left Foot (&) Left Foot to Side (8)

Section 6 Walk Forward Right, Left, Right Mambo Step, Back, Back, Left Coaster Step

1-2, 3&4 Walk forward Right (1), Walk forward Left (2), Right Mambo - Right Step forward (3) Replace Left on Ball (&) Right Step Back (4)
5-6, 7&8 Back on Left (5), Back on Right (6), Left Coaster - Left Step Back on Ball of Foot (7) Close Right to Left on Ball of Foot (&), Left Step Forward (8)

Restart on Wall 3 after 32 counts (6 o'clock)

Restart on Wall 5 after 40 counts (6 o'clock)

To Finish: Wall 7 (6 o'clock) - Dance Wall 7 up to the first 6 Steps of Section 6 (1-2, 3&4, 5-6)

Swivel on Left and Right foot and ½ turn Right to finish with Right foot in front (7) (12 o'clock)

Contact: Karen Anderson-Morris - Email: morris5678@yahoo.co.uk

All rights reserved.

This step sheet may be shared and reproduced, but no changes may be made without permission from the choreographer

Last Update - 23 Dec 2022

