

# Mm Mm Mm

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Liz Atkinson (USA) - July 2023  
音樂: Straight From The Heart (feat. Nørskov) - Rudimental



## #36 count introduction - NO Tags or Restarts

### S1: VINE R, LF ROCKING CHAIR

1, 2      [1]Step RF to R side, [2]step LF behind RF  
3, 4      [3]Step RF to R side, [4]touch LF beside RF  
5, 6      [5]Rock LF fwd, [6]recover RF  
7, 8      [7]Rock LF back, [8]recover RF (12:00)

### S2: VINE L, RF ROCKING CHAIR

1, 2      [1]Step LF to L side, [2]step RF behind LF  
3, 4      [3] Step LF to L side, [4]touch RF beside LF  
5, 6      [5]Rock RF fwd, [6]recover LF  
7, 8      [7]Rock RF back, [8] recover LF (12:00)

### S3: R STEP, TOUCH, POINT OUT, TOUCH IN, L STEP, TOUCH, POINT OUT, TOUCH IN

1, 2      [1]Step RF to fwd-R diagonal, [2]touch LF beside RF  
3, 4      [3]Point LF out to L side, [4] touch LF beside RF  
5, 6      [5]Step LF to fwd-L diagonal, [6]touch RF beside LF  
7, 8      [7]Point RF out to R side, [8] touch RF beside LF (12:00)

### S4: BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, 1/4L, TOUCH

1, 2      [1]Step RF back, [2]touch LF beside RF  
3, 4      [3]Step LF back, [4]touch RF beside LF  
5, 6      [5]Step RF back, [6]touch LF beside RF  
7, 8      [7]1/4L stepping LF to L side (9:00), [8]touch RF beside LF (9:00)

Contact: [info@LizAtkinsonDance.com](mailto:info@LizAtkinsonDance.com) Asheville, NC, USA