

# Cooking With Grease

**COPPER KNOB**  
STEPPED SHEETS

拍數: 32      牆數: 2      級數: Intermediate  
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音樂: Grease - Lainey Wilson



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## Walk, walk, mambo step, Walk back, back, Rock, recover, turn ½ Right

1 - 2      Walk forward right, left  
3&4      Rock forward Right, recover Left, step back on Right  
5 - 6      Walk back left, right  
7&8      step back Left, step forward on Right, turn ½ right

## Sailor Steps Right and Left, Sway forward and back on diagonal, Behind, side, touch

1&2      Right sailor step (Right behind left, left to left, right to right)  
3&4      Left sailor step (Left behind right, right to right, left to left)  
5 - 6      Place right foot on diagonal swaying forward and back  
7&8      Behind with right, side with left, touch with right

**\*Restarts occur here**

## [&] Heel and touch, & heel and touch, Big step, Coaster step

&1&2      Step back on right, then left heel on diagonal, step back on left, touch right to left  
&3&4      Step back on right, then left heel on diagonal, step back on left, touch right to left  
5 - 6      Big step to right with right, touch left to right  
7&8      Left back, right back, left forward

## Kick, ball, heel, Sailor step, Kick, ball, heel & Swivels RLRL (down and up)

1&2      Kick right forward, recover on ball of right foot, left heel forward on diagonal  
3&4      Left sailor step (Left behind right, right to right, left to left)  
5&6      Kick right forward, recover on ball of right foot, left heel forward on diagonal  
&7&8&      Swivel right, left, right, left (down slightly on first right, left, then back up on second right, left)

**\*Two Restarts after 16 counts – on walls 3 and 6**

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