

# It Wrecks Me

COPPER KNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Becky Hawthorne (USA) - September 2023  
音樂: Wreckage - Nate Smith



**Intro: 16 counts. Dance starts one count before the vocals. 1 Restart**

## **Section 1: SIDE, TOGETHER, SIDE, BACK ROCK/RECOVER, REPEAT TO LEFT**

1, 2, 3      Step RF to R side, Step LF next to RF, Step RF to R side  
4 &      Rock LF back, Recover weight forward to RF (&)  
5, 6, 7      Step LF to L side, Step RF next to LF, Step LF to L side  
8 &      Rock RF back, Recover weight forward to LF (&)

**RESTART HERE ON WALL 3**

## **Section 2: SIDE, BEHIND, 1/4 FWD, FWD, 1/2 PIVOT, RUN, RUN, FWD ROCK/RECOVER**

1, 2      Step RF to R side, Step LF behind RF  
3, 4      1/4 Step RF forward (3:00), Step LF forward  
5, 6 &      1/2 Pivot to R transferring weight fwd to RF (9:00), Run LF, Run RF (&)  
7, 8      Rock forward on LF, Recover weight back on RF

## **Section 3: OPEN BOX BACK**

1, 2      Step LF to L side, Step RF next to LF  
3, 4      Step LF back, Touch RF next to LF  
5, 6      Step RF to R side, Step LF next to RF  
7, 8      Step RF back, Touch LF next to RF

## **Section 4: STEP, TOUCH, 1/2 SHUFFLE, SIDE ROCK/RECOVER, COASTER**

1, 2      Step LF forward, Touch RF next to LF  
3 & 4      Shuffle 1/2 turn: RF, LF(&), RF (3:00)  
5, 6      Rock LF to L side, Recover weight to RF  
7 & 8      Step LF back, Step RF next to LF (&), Step LF forward

**Suggested ending: Song ends during Wall 8 after Section 4, count 4. The 1/2 Shuffle ends facing 9:00. 1/4 Point LF to L side, turning R to 12:00.**

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