

# Cookin'

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Evan VanScoyk (USA) - September 2023  
音樂: Mind Over Matter - Anthony Ramos



No tags, no restarts

Dance begins after 16 counts on lyrics

## TOUCH SIDE R-L, BEHIND SIDE CROSS, R ROCK, RECOVER, CHEST POPS

1&2      Touch R to right side (1), Step R together (&), Touch L to left side (2)  
3&4      Step L behind R (3), Step R to right side (&), Step L across R (4)  
5 6      Rock R to right side (5), Recover weight onto L (6)  
7 8      Pop chest (7), Pop chest (8)

Styling: Place R hand over chest when doing chest pops out in out like breathing

## R ACROSS KICK BALL STEP X2 (TRAVELING LEFT) & ¼ LEFT, R ROCKING CHAIR

1&2      Kick R across L (1), Step onto ball of R (&), Step L left (2)  
3&4      Kick R across L (3), Step onto ball of R (&), Step L left while turning ¼ left (4)  
5 6      Rock R forward (5), Recover weight onto L (6)  
7 8      Rock R backward (7), Recover weight onto L (8)

## HEEL SWITCH, SCUFF HITCH ¼ STOMP, HIP BUMPS, L SAILOR

1&2&      Touch R heel fwd (1), Step R together (&), Touch L heel fwd (2), Step L together (&)  
3&4      Scuff R fwd (3), Hitch R (&), Turn ¼ left while stepping R down in place (4)  
5&6      Hip bump to right (5), Hip bump back to left (&), Hip bump to right (6)  
7&8      Step L behind R (7), Step R to right side (&), Step L to left (8)

## R TOUCH & ¼ L HEEL JACK, R TOUCH & L HEEL JACK, R BIG STEP FWD, DRAG L TOGETHER, KNEE POPS/HEEL LIFTS

1&2&      Touch R beside L (1), Step R slightly back while turning ¼ left (&), Tap L heel (2), Step down onto L (&)  
3&4&      Touch R beside L (3), Step R slightly back (&), Tap L heel (4), Step down onto L (&)  
5 6      Big step R fwd (5), Drag L together (6)  
7 8      Pop R knee/Lift R heel (7), Pop L knee/Lift L heel (8)

>> Begin Again

For questions or more dances find me on Facebook @EvanVChoreography

Last Update: 23 Sep 2023