

# Training Bra

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Bethany Watkins (UK) - February 2024  
音樂: Brenda Put Your Bra On - Ashley McBryde, Caylee Hammack & Pillbox Patti



## START ON THE WORD BRENDA

### [1-4] SIDE BEHIND. ¼ HITCH

1,2                step right to right side, step left behind right  
3,4                step right turning ¼ right , hitch left

### [5-8] WALK BACK, TOUCH

5,6                walk back left, walk back right  
7,8                walk back left, touch right

### [9-12] SIDE BEHIND, ¼ HITCH

9,10              step right to right side, step left behind right  
11,12             step right turning ¼ right , hitch left

### [13-16] WALK BACK, TOUCH

13,14             walk back left, walk back right  
15,16             walk back left, touch right

### [17-24] HIP BUMPS, FORWARDS AND BACK

17, 18            bump right hip forward twice  
19, 20            bump left hip back twice  
21, 22            bump right hip forward, bump left hip back  
23, 24            bump right hip forward, bump left hip back

### [25-32] TOE STRUTS WITH ATTITUDE

25, 26            right toe strut with attitude  
27,28            left toe strut with attitude  
29,30            right toe strut with attitude  
31,32            left toe strut with attitude

## RESTART WALL 4 AFTER HIP BUMP SECTION COUNT 24

### FINISH

continue the toe struts with attitude

### BIT OF FUN

every time the words "bra on" are sung pretend to push your bra up.