

# Soul & My Sanity

**COPPER** KNOB  
BY STEPSHEETS

拍數: 32      牆數: 2      級數: Absolute Beginner  
編舞者: Carmen López Casanova (ES) - March 2024  
音樂: Soul & My Sanity - Ryan Langdon



Intro: 4 counts

## S1: SIDE SWITCHES, SCUFF, HITCH, STEP FWD, STEP LOCK, SHUFFLE FWD

1&2&      Point RF to R, step RF beside LF, Point LF to L, step LF beside RF  
3&4      Point RF to R, scuff RF forward, hitch RF  
5-6      Step RF forward, step LF lock RF  
7&8      Step RF forward, step LF lock RF, step RF forward

## S2: STEP, TOUCH, ¼ STEP, TOUCH, ¼ STEP, STOMP, TRAVELLING SWIVEL LF L&R

1&      Step LF to L, RF touch beside LF  
2&      ¼ turn R step RF to side R, touch LF beside RF  
3-4      ¼ turn R step LF to side L, RF stomp beside LF  
5&6      Swivel LF to L: toe out, heel out, toe out  
7&8      Swivel LF to R: toe in, heel in, toe in

## S3: GRAPEVINE R, TRAVELLING SWIVEL RF R&L

1-4      Step RF to R, step LF behind RF, step RF to R, LF beside RF  
5&6      Swivel RF to R: toe out, heel out, toe out  
7&8      Swivel RF to L: toe in, heel in, toe in

## S4: STEP FWD (X2), ROCKING CHAIR, MAMBO, STEP BACK (X2), TOUCH

1-2      Step RF forward, step LF forward  
3&4&      Rock RF forward, recover weight LF, Rock RF back, recover weight RF  
5&6      Rock RF forward, recover weight LF, step RF back  
7-8      Step LF back, RF touch beside LF

Contact: [clopezcasanova@hotmail.com](mailto:clopezcasanova@hotmail.com)