

# HoDown

COPPER KNOB  
BY STEPSHEETS

拍數: 16      牆數: 4      級數: Beginner  
編舞者: Sher McIntosh (CAN) - December 2024  
音樂: HoDown - Sicily Rose



## No Tag No Restart

### Section 1: R Side Rock, L Recover, R Step down at centre, repeat from beginning alternating sides:RLRL

1, 2&      R Side Rock, L recover, R step at centre  
3, 4&      L Side Rock, R recover, L step a centre  
5, 6&      R Side Rock, L recover, R step at centre  
7, 8&      L Side Rock, recover, L step a centre (there is a bit of a swing and a hop on these steps)

### Section 2: R Heel fwd, Step back (4X alternate heels RLRL), R Step forward and 1/ 4 turn L, Hip Bumps RL

1&2&      R heel forward, R step back, L heel forward, L step back  
3&4&      R heel forward, R step, L heel forward, L step  
5, 6      R step forward and step 1/ 4 turn left stepping on L foot  
7, 8      R Hip Bump, L Hip Bump

Please see the stepsheet I've Been Bad Santa, for a Christmas version of the dance with Teach/Demos.  
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