

# The Kitchen Sync

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate/Advanced  
編舞者: Lori Wong (USA)  
音樂: Back In Your Arms Again - Lorrie Morgan



**Additional Notes:** This dance is based on men's footwork for various West Coast Swing patterns. If the dancer is familiar with West Coast Swing, this is an easy dance to learn. It can be done as a couples line dance, where the man executes the steps described here, and the lady follows with her corresponding WCS footwork. (Note: the lady's steps are NOT always a mirror of the man's). There are many stylistic variations that can be done for both partners - particularly if they are already familiar with WCS.

## SAILOR SHUFFLE WITH A GRAPEVINE EXTENSION

1-2            Left step back; right step to the right side  
3&4           Left hook behind right; right step in place; left step to left side  
5&6           Right hook behind left; left step in place; right step to right side  
7-8           Left step behind right; right step to right side

## 'FIGURE-4' SHUFFLE LEFT, ½ TURN, SHUFFLE RIGHT

1-2            Left brush forward and to the right; left brush ¼ turn to the left  
3&4           Step left forward (now facing left of start of dance); right step next to left; left step forward  
5-6           Right step forward; pivoting on balls of feet turn ½ to left and change weight to left foot  
(facing right of start of dance)  
7&8           Right step forward with ¼ turn to left (to face original start of dance); left step next to right;  
right step to right side

## SUGAR PUSH WITH SLIDE SYNCOPATIONS

1-2            Left step back; right step back  
3-4            Left step touch next to right; left step/slide forward  
5-6            Drag/slide right foot forward and touch next to left - with attitude!  
7-8            Step right foot back; drag/slide left foot back and touch next to right

## LEFT SIDE PASS WITH RONDE' EXTENSION

1-2            Left step back; right step to right side with ¼ turn to left  
3-4            Touch left next to right; left step forward and ¼ turn to left (now facing reverse of original  
start)  
5&6           Right step slightly behind left in open third position; left step in place; right step in place  
7-8            Sweep left foot forward and to the left in a small circle; touch left next to right

**REPEAT**

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