

# Lay Off My B.S.S.

**COPPER KNOB**  
BY STEPHEN T. MASON

拍數: 32      牆數: 4      級數: Improver  
編舞者: Bill "Bongo" Mason (UK)  
音樂: Blue Suede Shoes - Dave Sheriff



---

## HEEL & TOE TWICE, TRIPLE LEFT STEP, HEEL TOE TWICE, TRIPLE RIGHT STEP

1&2&      Left heel, toe, heel, toe  
3&4      Triple step left  
5&6&      Right heel, toe, heel, toe  
7&8      Triple step right

## MAMBO FORWARD, MAMBO BACK, CROSS SHUFFLE, CROSS SHUFFLE

1&2      Mambo forward on left  
3&4      Mambo back on right  
5&6      Cross left, right step right to right, cross left, right (moving forward)  
7&8      Sweep right over left, step left onto left cross right, left (moving forward)

## CROSS BACK, TRIPLE TURN LEFT TWICE, LEFT SAILOR STEP

1-2      Cross left over right, step right back  
3&4      ½ turn triple left (left, right, left)  
5&6      ½ turn triple left (right, left, right)  
7&8      Sailor step left

## RIGHT ¼ TURN, SAILOR STEP, LEFT SHUFFLE FORWARD, ½ TURN LEFT, HIP BUMPS

1&2      ¼ right turn, sailor step  
3&4      Left shuffle forward  
5-6      Step right forward, turn ½ left  
7&8      Small step forward on right, bump hips right, left, right

**REPEAT**

---