

# Martika's Kitchen

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Terry Mchugh (UK)  
音樂: Martika's Kitchen - Martika



## SCUFF FORWARD RIGHT, HEELS OUT, IN, OUT, COASTER STEP, ROCK HIPS FORWARD, BACK, FORWARD

1-2      Scuff right forward, step right in front of left  
3&4      Push both heels out, in, out  
5&6      Step back on right step left beside right step forward on right  
7&8      Push hips forward, back, forward

## WALK FORWARD RIGHT, LEFT, FORWARD MAMBO, 2 RIGHT SIDE MAMBOS, WITH ¼ TURN LEFT

1-2      Walk forward on left, walk forward on right  
3&4      Step forward on left, step right in place, step left beside right  
5&6      Step right to right side, step left in place, step right beside left  
7&8      Step right to right side, step left in place, step right beside left with ¼ turn left

## 2 RIGHT HEEL DIGS & RIGHT SAILOR, 2 LEFT HEEL DIGS & LEFT SAILOR

1-2      Dig right heel forward, dig right heel diagonally forward  
3&4      Step right behind left, step left beside right, step right in place  
5-6      Dig left heel forward, dig left heel diagonally forward  
7&8      Step left behind right, step right beside left, step left in place

## STEP FORWARD RIGHT, TAP LEFT BEHIND RIGHT, BACK SHUFFLE, 4STEPS BACK, WITH HEEL TWISTS

1-2      Step forward on right tap left behind right  
3&4      Shuffle back left, right, left  
5-6      Step back on right, with heel pointed out, swivel heel in, repeat on left  
7-8      Repeat steps 5-6

## SWEEP RIGHT LEG INTO ¼ TURN LEFT, RIGHT COASTER, 2 HEEL JACKS, SLIDE FORWARD LEFT

1-2      Sweep right leg out & round, bring right beside left, with ¼ turn left  
3&4      Step back on right, step left beside right, step forward on right  
5&6      Step forward on heel of left, step left beside right, step forward on heel of right  
&7-8      Step right beside left, take long step forward on left, step right beside left

## ROCK FORWARD, BACK, RIGHT SHUFFLE FORWARD, ROCK FORWARD, BACK, LEFT SHUFFLE FORWARD

1-2      Step & rock forward on right, rock back on left  
3&4      Shuffle forward right, left, right  
5-6      Step & rock forward on left, rock back on right  
7&8      Shuffle forward left, right, left

## SCUFF RIGHT FORWARD, HEELS OUT, IN, OUT, ¼ TURN LEFT, HIP ROCK, LEFT, RIGHT, LEFT

1-2      Scuff right forward, step right in front of left  
3&4      Push both heels, out, in, out  
5-6      Step forward on right heel, swivel both feet ¼ turn left  
7&8      Rock hips left, right, left

## 4 CROSS & POINTS, STARTING WITH RIGHT FOOT

1-2      Step forward on right, slightly across left, point left toe to left side

- 3-4 Step forward on left slightly across right, point right toe to right side
- 5-6 Step forward on right slightly across left, point left toe to left side
- 7-8 Step forward on left slightly across right, point right toe to right side

**REPEAT**

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