

# No Panic

**COPPER** **NOB**  
STEPSHEETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Virve Maukkonen  
音樂: Shooting From The Hip - Barry Upton & Wild At Heart



## DIAMOND, HEEL HOOK COMBO

1-2            Touch right heel forward, touch right toe to side  
3-4            Touch right heel back, touch right toe to side  
5-6            Touch right heel forward, hook right across left  
7-8            Touch right heel forward, step right beside left

## DIAMOND, HEEL HOOK COMBO

9-10           Touch left heel forward, touch left toe to side  
11-12          Touch left toe back, touch left toe to side  
13-14          Touch left heel forward, hook left across right  
15-16          Touch left heel forward, step left beside right

## HIP BUMPS

17-18          Hip bump right twice  
19-20          Hip bump left twice

## STEP, SLIDE, STEP, SCUFF TWICE

21-22          Step forward right, lock step left behind right  
23-24          Step forward right, scuff forward left  
25-26          Step forward left, lock step right behind left  
27-28          Step forward left, scuff forward right

## STEP BACK, TAP, STEP FORWARD, STOMP

29            Step right back  
30            Touch left heel forward  
31            Step left forward  
32            Stomp right beside left

## JUMPING JACK, ½ UNWIND, CLAP

33-34          Jump feet apart, jump crossing right over left  
35-36          Unwind ½ left, clap

## GRAPEVINE RIGHT

37            Step right to side  
38            Cross left behind  
39            Step right to side  
40            Scoot right while hitching left knee

## GRAPEVINE LEFT, ¼ TURN LEFT

41            Step left to side  
42            Cross right behind  
43            Step left into ¼ turn left  
44            Scoot left, while hitching right knee

## ROCK FORWARD, STEP BACK, STOMPX2

45            Rock step forward on right

- 46 Step back on left
- 47 Stomp right beside left
- 48 Stomp left beside right (weight on left)

**REPEAT**

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