

# Practice What You Preach

COPPER KNOB  
STEPPERS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Simon Whincup (UK)  
音樂: Long Sermon - Brad Paisley



## WALK, HOLD, WALK, BACK HITCHES

1-3      Walking forward right, left, right  
4      Hold a beat  
5-7      Walking forward left, right, left  
8      Hitch up right knee  
&9      Step back on right foot, hitch left knee up  
&10      Step back on left foot, hitch right knee up

## TRIPLE FULL TURN, LOCK STEPS ON DIAGONAL

11-13      Triple full turn over right shoulder stepping right, left, right  
14-16      Lock step on left diagonal stepping left forward, lock right behind, left forward  
17-19      Lock step on right diagonal stepping right forward, lock left behind, right forward  
20-22      Lock step on left diagonal stepping left forward, lock right behind, left forward  
23-25      Bounce heels 3 times, making a ¼ turn to your right

## SWIVEL HEELS, LOCK FORWARD AND TURN WITH HITCH

26      Swivel heels left  
27      Swivel heels right  
28      Bring heels to center  
29-31      Lock step forward leading left forward, lock right behind and left forward  
&      (Left foot is forward) pivot on ball of left making ¼ turn to right  
32      Hitch right knee up

## SIDE TOGETHER SIDE HITCH (TWICE), MAMBO ROCKS

33&34      Step right side, left together with right, step right foot to side  
35      Hitch left knee up  
36&37      Step left side, right together with left, step left foot to side  
38      Hitch right knee up  
39-41      Triple step full turn over right shoulder stepping right, left, right  
42-44      Triple step full turn over left shoulder stepping left, right, left  
45&46      Right mambo rock forward, step back on left, bring right together with left  
47&48      Left mambo rock backward, back on left, step forward on right, bring left together with right

## REPEAT

## TAG

**Instrumental music halfway through dance, at end of wall stop and dance this section**

1&2      Mambo right forward rock, step back on left, bring right together with left  
3&4      Mambo left back rock, rock back on left, step forward on right, bring left together with right  
5      Step right foot forward  
6      ½ turn left over left shoulder  
7-9      Triple step right, left, right  
10&11      Mambo on left forward, step back on right, bring left together with right  
12&13      Mambo back on right foot, rock back on right, step forward on left, bring left together with right  
14      Step left forward

15                    ½ turn right over right shoulder

16&17                Triple step left, right, left

**Repeat again one more time, then continue with normal dance**

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