

Pull My Chain

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: Pull My Chain - Toby Keith



Sequence: AB, AB, A to count 16, B, A to end

SECTION A

PRESS, KICK, COASTER, SHUFFLE, ½ TURN, SHUFFLE

- 1-2 Press right forward (knees bent), recover weight onto left (straightening knees) and kick right forward
- 3&4 Step right back, step left beside right, step right forward
- 5&6 Shuffle forward on left, right, left
- 7&8 Make ½ turn right and then shuffle forward on right, left, right

CURVING ½ TURN IN SYNCOPATED TOE STRUTS, POINT, HITCH, SYNCOPATED VINE, STEP

- 9-12 Over 4 counts make ½ turn left in toe-struts stepping left toe-heel (9&), right toe-heel (10&), left toe-heel (11&), right toe-heel (12&)

**This is "the dog walk". Feel free to howl, pant and make paws with hands. (No laughing! This is serious!)
During counts 9-12 the toe-struts will form a ½ turn arc to the left**

- 13-14 Touch left to left, hitch left knee across right leg
- 15&16& Step left to left, step right behind left, step left to left, step right beside left

The third time Section A is danced complete the first 16 counts then move to Section B. For this one occasion only, adapt count 16& to read

- 16& Touch right beside left

PRESS, KICK, COASTER, SHUFFLE, ½ TURN, SHUFFLE

- 17-18 Press left forward (knees bent), recover weight onto right (straightening knees) and kick left forward
- 19&20 Step left back, step right beside left, step left forward
- 21&22 Shuffle forward on right, left, right
- 23&24 Make ½ turn left and then shuffle forward on left, right, left

CURVING ½ TURN IN SYNCOPATED TOE STRUTS, POINT, HITCH, SYNCOPATED VINE, STEP

- 25-28 Over 4 counts make ½ turn right in toe-struts stepping right toe-heel (25&), left toe-heel (26&), right toe-heel (27&), left toe-heel (28&)

**This is "the dog walk". Feel free to howl, pant and make paws with hands. (No laughing! This is serious!)
During counts 25-28 the toe-struts will form a ½ turn arc to the right**

- 29-30 Point right to right, hitch right knee across left leg
- 31&32& Step right to right, step left behind right, step right to right, step left beside right

SECTION B

REVERSE STEPS, ½ TURN, SHUFFLE, SYNCOPATED DIAGONAL ROCKING CHAIR, ¼ TURN, ROCK, RECOVER, ¼ TURN, STEP

- 1-2& Step right back, step left back, make ½ turn right and step right forward
- 3&4 Shuffle forward on left, right, left
- 5&6& Rock right across left, recover back onto left, rock right diagonally back right, recover forward onto left
- 7&8 Make ¼ turn left and rock right forward, recover back onto left, make ¼ turn right and step right to right

SYNCOPATED DIAGONAL ROCKING CHAIR, ¼ TURN, ROCK, RECOVER, ¼ TURN, STEP, TOUCHES, FLICK, LARGE STEP, DRAG

- 9&10& Rock left across right, recover back onto right, rock left diagonally back left, recover forward onto right
- 11&12 Make ¼ turn right and rock left forward, recover back onto right, make ¼ turn left and step left to left
- 13&14& Touch right to right, touch right across left, touch right to right, flick right behind left
- 15-16 Step right large step right, drag left to touch beside right

TOUCHES, FLICK, LARGE STEP, DRAG, TOE STRUTS WITH ½ TURN

- 17&18& Touch left to left, touch left across right, touch left to left, flick left behind right
- 19-20 Step left large step left, drag right to touch beside left
- 21&22& Step right toe to right, drop right heel, step left toe across right, drop left heel
- 23&24& Make ¼ turn left and step right toe behind left, drop right heel, make ¼ turn left and step left toe forward, drop left heel

TOE STRUTS WITH ½ TURN, SYNCOPATED ROCKING CHAIR, STEP, ½ PIVOT, STOMP

- 25&26& Step right toe to right, drop right heel, step left toe across right, drop left heel
- 27&28& Make ¼ turn left and step right toe behind left, drop right heel, make ¼ turn left and step left toe forward, drop left heel
- 29&30& Rock right forward, recover back onto left, rock right back, recover forward onto left
- 31&32 Step right forward, pivot ½ turn left, stomp right beside left

SYNCOPATED ROCKING CHAIR, STEP, ½ PIVOT, STOMP, FORWARD MAMBO, ½ TURN, SHUFFLE

- 33&34& Rock left forward, recover back onto right, rock left back, recover forward onto right
- 35&36 Step left forward, pivot ½ turn right, stomp left beside right
- 37&38 Rock right forward, recover back onto left, step right back
- 39&40 Make ½ turn left and shuffle forward on left, right, left

If preferred, counts 39&40 may be replaced with 1½ turns left stepping left, right, left.
