

# Pull My Chain

COPPER KNOB  
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.**

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