

# Pure & Simple

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Maureen Jones (UK) & Michelle Jones (UK)  
音樂: Pure And Simple - Hear'Say



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## ROCK FORWARD & BACK, HOLD, ROCK BACK & FORWARD, HOLD

- 1-2      Rock right forward, recover back on left
- 3-4      Rock right back (left heel raised and left knee bent), hold
- 5-6      Rock left back, recover forward on right
- 7-8      Rock left forward (pushing left hip and left shoulder forward), hold

## KICK, BACK, CROSS, BACK, KICK, ¼ TURN, KNEE BEND

- 9-10      Kick right forward, step right back
- 11-12      Step left back and across right, step right back
- 13-14      Kick left forward, making ¼ turn left step left to left
- 15-16      Touch right beside left and bend at knees, straighten legs

## DIAGONAL SKATES, DIAGONAL SIDE STEPS

- 17-18      Over 2 counts skate right diagonally forward right
- 19-20      Over 2 counts skate left diagonally forward left
- 21-22      Step right diagonally forward right, step left beside right
- 23-24      Step right diagonally forward right, touch left beside right

## ROCK, ½ TURN, STEP, TOUCH, DIAGONAL LONG STEP BACK, STEP

- 25-26      Rock left forward, recover back on right
- 27-28      Make ½ turn left and step left forward, touch right beside left
- 29-32      Step right long step diagonally back right, drag left to step beside right

**REPEAT**

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