

# Racing Horses

**COPPER** KNOB  
STEPPERSHETS

拍數: 40                      牆數: 4                      級數: Intermediate  
編舞者: Stephen Sunter (UK)  
音樂: High Low and In Between - Mark Wills



## 2 X LEFT KICK BALL CHANGE, ROCK FORWARD, CHA-CHA

1&2                      Kick left foot forward, step left next to right, step right next to left  
3&4                      Kick left foot forward, step left next to right, step right next to left  
5-6                      Rock forward on left foot, rock back on right foot  
7&8                      Cha-cha left, right, left

## 2 X RIGHT KICK BALL CHANGE, RIGHT VINE, ¼ TURN RIGHT

9&10                      Kick right foot forward, step right next to left, step left next to right  
11&12                      Kick right foot forward, step right next to left, step left next to right  
13-14&                      Step right to right side, step left behind right, step right making ¼ turn right  
15-16                      Rock forward on left foot, rock back on right foot

## WALK BACK LEFT, RIGHT, LEFT, BALL CHANGE, RUNNING MAN

17-18                      Step back on left, step back on right  
19&20                      Step back on left, step right next to left, step left slightly forward  
21                      Stomp right foot forward  
&                      Scoot right foot back lifting left foot up beside right calf  
22                      Stomp left foot forward  
&                      Scoot left foot back lifting right foot up beside left calf  
23                      Stomp right foot forward  
&                      Scoot right foot back lifting left foot up beside right calf  
24                      Stomp left foot forward  
&                      Scoot left foot back lifting right foot up beside left calf

**Optional to running man step are heel switches for four counts, ending with weight on left foot.**

## STEP RIGHT, PIVOT ½ LEFT, STEP RIGHT, PIVOT ½ LEFT, RIGHT VINE & POINT RIGHT TOE

25-26                      Step right foot forward, pivot ½ turn left  
27-28                      Step right foot forward, pivot ½ turn left  
29-30&                      Step right to right side, step left behind right, step right to right  
31-32                      Cross step left in front of right foot, point right toe to right

## SWITCH LEFT, CROSS LEFT, UNWIND ½ TURN RIGHT, CLAP, JUMP, CROSS, UNWIND, CLAP

&33                      Step right foot next to left, point left toe to left  
34                      Cross step left in front of right  
35-36                      On balls of both feet unwind ½ turn right, clap  
37-38                      Jump both feet shoulder width apart, jump crossing right in front of left foot  
39-40                      On balls of both feet unwind ½ turn left, clap,

**Place weight on right foot as you unwind ½ turn**

**REPEAT**