

# Racing Horses

**COPPER** **NOB**  
BY SHEETS

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**