

# Reelin' & Rockin'

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 2      級數:  
編舞者: Bev Cornish (CAN)  
音樂: Don't Be Stupid (You Know I Love You) - Shania Twain



## TOE SWITCHES, HEEL TOUCH, DOUBLE CLAP

1            Touch left toe beside right foot  
&            Step left in place  
2            Touch right toe beside left foot  
&            Step right in place  
3            Touch left heel forward  
&            Clap hands  
4            Clap hands

## TOE SWITCHES, HEEL TOUCH, DOUBLE CLAP

&            Step left beside right  
5            Touch right toe beside left foot  
&            Step right in place  
6            Touch left toe beside right foot  
&            Step left in place  
7            Touch right heel forward  
&            Clap hands  
8            Clap hands

## STEP FORWARD, HOLD, QUICK STEP TOGETHER, SHUFFLE FORWARD

9            Step right forward (stomp)  
10           Hold  
&            Step ball of left beside right heel  
11           Step right forward  
&            Step ball of left beside right heel  
12           Step right forward

## STEP FORWARD, HOLD, QUICK STEP TOGETHER, SHUFFLE FORWARD

13           Step left forward (stomp)  
14           Hold  
&            Step ball of right beside left heel  
15           Step left forward  
&            Step ball of right beside left heel  
16           Step left forward

## STOMP, KICK BALL CHANGE (MOVING RIGHT), KICK SIDE

17           Stomp right beside left  
18           Kick right forward  
&            Step back on ball of right  
19           Step left over right  
20           Kick low-to right side

## CROSS SHUFFLE (MOVING SIDE LEFT) STEP, STEP ¼ RIGHT

21           Step right over left  
&            Step ball of left to left side  
22           Step right over left

- 23 Step left back
- 24 Step right ¼ right

### **ROCK STEP, PADDLE TURN ¾ LEFT**

Some may consider this a shuffle turn, rather than a paddle turn

- 25 Rock left forward
- 26 Step right in place
- 27 Step left ¼ left
- & Step ball of right slightly to the right-turning ¼ left
- 28 Step left ¼ left in place

### **SIDE STEP, HOLD, QUICK STEP, SHUFFLE SIDE**

- 29 Big step side right
- 30 Hold
- & Step left beside right
- 31 Step side right
- & Step left beside right
- 32 Step side right

### **REPEAT**

Option for counts 9-16 (This really gives the dance the feel of doing a reel.)

When you stomp right forward, you can turn your foot slightly so the toes face 2 o'clock, so when you do counts & 11 & 12 you will have your left foot directly behind or slightly to the right of your right heel, similar to a lock step. and you would do the same for counts & 13 & 16 beginning with your left foot, it would point to 10 o'clock.

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