

# Slow And Steady

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: BM Leong (MY)  
音樂: Wo Niu Yu - Huang Li Niao



## TAP, HOLD, TAP, HOLD, BEHIND-SIDE-CROSS, HOLD

1-2            Tap right heel forward along right diagonal, hold  
3-4            Tap right heel forward along right diagonal, hold  
5-6            Cross right behind left, step left to left side  
7-8            Cross right over left, hold

For counts 1&3, bend body slightly to the right and cross both palms facing front with fingers open. Move palms away to respective sides like opening a window curtain

## TAP, HOLD, TAP, HOLD, BEHIND-SIDE-CROSS, HOLD

1-2            Tap left heel forward to left diagonal, hold  
3-4            Tap left heel forward to left diagonal, hold  
5-6            Cross left behind right, step right to right side  
7-8            Cross left over right, hold

For counts 1&3, repeat hand action as above bending body slightly to the left

## JUMP, TOUCH, JUMP, TOUCH, FORWARD LOCK STEPS, HOLD

1-2            Jump forward to right diagonal on right, touch left beside right  
3-4            Jump forward to left diagonal on left, touch right beside left  
5-6            Step right forward, lock left behind right  
7-8            Step right forward, hold

## JUMP, TOUCH, JUMP, TOUCH, BACK LOCK STEPS, HOLD

1-2            Jump backward diagonally on left, touch right beside left  
3-4            Jump backward diagonally on right, touch left beside right  
5-6            Step left back, lock right over left  
7-8            Step left back, hold

## SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD

1-2            Step right to right side, hold  
3-4            Touch left toes over right swinging both hands up on right side, hold  
5-6            Step left to left side, hold  
7-8            Touch right toes behind left swinging both hands down on left side, hold

## QUARTER TURN RIGHT, HOLD, HITCH, HOLD, COASTER STEPS, HOLD

1-2            ¼ turn right stepping right forward, hold  
3-4            Hitch left knee, hold  
5-6            Step left back, step right together  
7-8            Step left forward, hold

## QUARTER TURN RIGHT, HOLD, HITCH, HOLD, COASTER STEPS, HOLD

1-2            ¼ turn right stepping right forward, hold  
3-4            Hitch left knee, hold  
5-6            Step left back, step right together  
7-8            Step left forward, hold

## STEP, HOLD, CROSS, HOLD, BACK, HOLD, SIDE, HOLD

1-2            Step right forward swinging both hands to right side above head, hold

3-4 Cross left over right swinging both hands to left side above head, hold  
5-6 Step right back swinging both hands down on right side, hold  
7-8 Step left to left side swinging both hands over to the left, hold

**REPEAT**

**RESTART**

**Restart during walls 2 and 4 (both facing 12:00) after 1-56 counts**

**ENDING**

**The music will end on the 32nd count (hold)of the sixth repetition. You will be facing the back wall. Execute a half turn right stepping right foot forward to face the home wall**

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