

# Sowin' Love

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Ron Bagley (UK)  
音樂: Sowin' Love - Merv & Maria



---

## TOE TOUCHES, RIGHT SIDE ROCK & CROSS, HOLD

1-2            Touch right toe to right side, step right beside left  
3-4            Touch left toe to left side, step left beside right  
5-6            Rock right foot to right side, recover weight onto left  
7-8            Cross step right over left, hold

## LEFT SIDE ROCK & CROSS, HOLD, VINE QUARTER TURN RIGHT, SCUFF

9-10           Rock left to left side, recover weight onto right  
11-12          Cross step left over right, hold  
13-14          Step right to right side, cross left behind right  
15-16          Step right quarter turn right, scuff left foot forward (facing 3:00)

## HEEL STRUT FORWARD (LEFT & RIGHT), FORWARD ROCK, HALF TURN LEFT, HOLD

17-18          Step left heel forward, drop left toe to floor  
19-20          Step right heel forward, drop right toe to floor  
21-22          Rock forward on left, rock back on right  
23-24          Step back on left turning half turn left, hold (facing 9:00)

## HEEL STRUTS (RIGHT & LEFT), FORWARD ROCK, HALF TURN RIGHT, TOGETHER

25-26          Step right heel forward, drop right toe to floor  
27-28          Step left heel forward, drop left toe to floor  
29-30          Rock forward on right, rock back on left  
31-32          Step back on right turning half turn right, step left beside right (facing 3:00)

**REPEAT**

---