

# Total Chaos

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Nicole Parsons (USA)  
音樂: Love Train - Big & Rich



## SYNCOPATED TOE TOUCHES, AND ROCK STEPS

- 1&      Point right toe out to right side, return right foot home
- 2&      Point left toe out to left side, return left foot home
- 3&      Touch right toe next to left foot, step back on right
- 4&      Touch left toe next to right foot, step slightly forward on left - take weight
- 5-6      Rock forward on right, back on left
- 7-8      Rock back on right, forward on left

**Styling: add arm movements with toe touches**

## SHUFFLE, ½ TURN, ROCK AND SAILOR

- 1&2      Right shuffle forward - right, left, right
- 3-4      Step forward on left, making a ½ turn right
- 5-6      Rock step to the left with left foot, rock recover to the right
- 7&8      Sailor step left - cross left behind right, step right, step together left

## KNEE ROLLS, SYNCOPATED STEPS FORWARD

- 1-2      Traveling forward with weight on the ball of right foot - step forward right and roll right knee out to right side, take weight on right foot on count 2 (making circle)
- 3-4      Step forward on ball of left foot, and roll left knee out to left side, take weight on left foot on count 4
- 5      Stomp right foot forward
- 6      Hold (clap)
- &7      Make a quick step forward bringing left foot behind right, stomp right foot forward
- 8&      Hold on count 8, bring left foot behind right

## TWO 1/8 TURNS LEFT, HIP BUMPS

- 1-2      With weight on left foot, step forward right, hold on count 2 (clap)
- 3-4      Swivel both heels right, making two 1/8 turns left - completing ¼ left - weight on right
- 5-6-7-8      Bump hips left, right, left, left

**Styling: add shoulder movements with hip bumps**

**REPEAT**

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