

The Truth About Men

COPPER KNOB
STEPSHEETS

拍數: 68 牆數: 4 級數: Improver
編舞者: Lotus Rose Bailes (USA)
音樂: That's the Thing About a Memory - Tracy Byrd



TOE STRUT RIGHT AND SHUFFLE FORWARD

1-4 Toe strut right and left
5-8 Shuffle forward right and left

KICK BALL CHANGE, ½ TURN TO LEFT AND SHUFFLE FORWARD

1&2 Right kick ball change
3-4 Cross right over left and turn ½ to left (keeping weight on right)
5&6 Shuffle forward left
7&8 Shuffle forward right

TOE STRUT LEFT AND SHUFFLE FORWARD

1-4 Toe strut left and right
5-8 Shuffle forward left and right

KICK BALL CHANGE, ½ TURN TO RIGHT AND SHUFFLE FORWARD

1&2 Left kick ball change,
3-5 Cross left over right and turn ½ to right (keeping weight on left)
5&6 Shuffle forward right
7&8 Shuffle forward left

SHUFFLE RIGHT AND LEFT WITH BACKWARD ROCKS

1-4 Shuffle right and rock back on the left and forward on right
5-8 Shuffle left and rock back on the right and forward on left

DIAGONAL TOUCHES, HIP BUMPS BACKWARDS

1-2 Step right forward at a diagonal to the right and touch the left beside the right (clap hands on the touch)
3-4 Step left forward at a diagonal to the left and touch the right beside the left (clap hands on the touch)
5&6 Step back right and hip bump
7&8 Step back left and hip bump

HEEL GRINDS

1-2 Heel grind right
3-4 Heel grind left
5-8 Repeat 1-4

FULL MONTEREY TURN TO THE RIGHT, ¼ TURN HEEL BOUNCES

1-2 Touch right to right side, turn half to the right and step on right
3-4 Touch left to left side and step left beside right
5-8 Raise weight onto balls of feet and bounce heels on floor 4 times while turning ¼ turn to the right

STEP, HOLD, ½ PIVOT-HOLD

1-2 Step forward on the right and hold
3-4 Turn ½ to the left and hold

REPEAT
