

# Joe's Recipe

**COPPER KNOB**  
STEPPED

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Sheila Baker (USA)  
音樂: My Night to Howl - Lorrie Morgan



## DOUBLE CROSS ROCK STEPS

1-2      Cross-step left foot over right; rock-step back on right foot  
3-4      Step left foot beside right; step right foot beside left  
5-6      Cross-step left foot over right; rock-step back on right foot  
7-8      Step left beside right; hold position.

## ROLLING RIGHT GRAPEVINE WITH ¼ TURN; ROCK STEP (1 ¼ TURN)

9-10      Step right foot to right pointing toe to 3:00 (¼ turn); step left foot to the right pointing toe to 9:00 (½ turn)  
11-12      Step right foot to the right facing 3:00; hitch left leg  
13-14      Rock step forward on left; rock-step back onto right  
15-16      Step left foot beside right; hold position.

## MONTEREY TURN WITH HIP WIGGLES

17-18      Point right toe to right side wiggling hips twice  
19-20      Spin ½ turn right on left foot wiggling hips twice  
21-22      Point left toe to left side wiggling hips twice  
23-24      Step left beside right wiggling hips twice.

## ¼ TURN RIGHT; FORWARD WALK; ¼ TURN LEFT

25-26      Turn ¼ right on right foot; walk forward on left  
27-28      Walk forward on right; turning ¼ left, touch left beside right  
29-30      Kick left foot forward; step on ball of left foot  
31-32      Step on right foot; hold position.

## REPEAT

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