

# Just A'chuggin' Along

**COPPER KNOB**  
STEPPERS

拍數: 48      牆數: 4      級數: Beginner  
編舞者: Lindy Bowers (USA)  
音樂: Is There Life out There - Reba McEntire



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## HEEL SWITCHES RIGHT-LEFT-RIGHT, CLAP, SIDE SHUFFLE RIGHT, ROCK, STEP

1-4      Right heel in front, switch to left heel, switch to right heel, clap  
5-8      Side shuffle to right, right-left-right, rock back on left, recover on right

## HEEL SWITCHES RIGHT-LEFT-RIGHT, CLAP, SIDE SHUFFLE RIGHT, ROCK, STEP

1-4      Left heel in front, switch to right heel, switch to left heel, clap  
5-8      Side shuffle to left, left-right-left, rock back on right, recover on left

## STOMP RIGHT, LEFT, CLAP TWICE, REPEAT

**Bend knees while stomping, make slight fists and roll hands in circular motion...as in "chuggin' along"**

1-4      Stomp right, stomp left, clap twice  
5-8      Stomp right, stomp left, clap twice

## MONTEREY TURN, REPEAT

1-2      Touch right toe to side, turn ½ turn right and step right beside left  
3-4      Touch left toe to left side, step left beside right  
5-8      Repeat counts 1-4 (25-28)

## RIGHT KICK, KICK, COASTER STEP; LEFT KICK, KICK, COASTER STEP

1-2      Kick right. Foot forward twice  
3&4      Step back on right & step left beside right, step right foot forward  
5-8      Kick left. Foot forward twice  
7&8      Step back on left & step right beside left, step left foot forward

## RIGHT STRUT, LEFT STRUT, RIGHT STRUT WITH ¼ TURN LEFT, STOMP LEFT, CLAP

1-2      Touch right toe forward, step down on heel  
3-4      Touch left toe forward, step down on heel  
5-6      Turn ¼ left and touch right toe forward, step down on heel  
7-8      Stomp left beside right, clap

## REPEAT

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