

# The Interceptor

**COPPER KNOB**  
STEPSHEETS

拍數: 0      牆數: 4      級數: Intermediate  
編舞者: Stephen Sunter (UK)  
音樂: Don't Be Stupid (You Know I Love You) - Shania Twain



## PART A

### LEFT ROMP, RIGHT ROMP ¼ TURN BALL CHANGE, STEP RIGHT, LEFT, RIGHT COASTER STEP

- &1&2      Step back on right foot, touch left heel diagonally forward, step left back in place, step right next to left
- &3&4      Step back on left foot, touch right heel diagonally forward, step right back in place making ¼ turn to the right, step left foot forward
- 5-6      Step forward right, step forward left, (right foot should raise slightly when you step forward left)
- 7&8      Place weight back on right foot, step left next to right, step forward on right foot

### STEP LEFT, ¾ PIVOT TURN RIGHT, SIDE SHUFFLE LEFT, ¼ TURN RIGHT COASTER STEP, STEP LEFT, ¼ TURN RIGHT

- 9-10      Step forward on left foot, pivot ¾ turn right
- 11&12      Step left foot to left side, slide right next to left, step left foot to left side
- 13&14      Making a ¼ turn backward over right shoulder step back on right foot, step left next to right, step forward on right foot
- 15-16      Step forward on left foot, pivot ¼ turn right, (weight on left foot)

### CROSS ROCKS RIGHT, CROSS ROCKS LEFT

- 17&      Cross step right foot in front of left lifting left foot, place weight onto left foot lifting right
- 18&      Place weight onto right lifting left, place weight onto left foot lifting right
- 19-20      Place weight onto right lifting left, scuff & hitch left foot next to right
- 21&      Cross step left foot in front of right lifting right foot, place weight onto right foot lifting left
- 22&      Place weight onto left lifting right, place weight onto right foot lifting left
- 23-24      Place weight onto left lifting right, scuff & hitch right foot next to left

### Put spring into these steps

### STEP RIGHT, PIVOT ½ TURN LEFT, STEP RIGHT, PIVOT ½ TURN LEFT, SCUFF HITCH RIGHT, SCUFF HITCH LEFT

- 25-26      Step forward on right foot, pivot ½ turn left
- 27-28      Step forward on right foot, pivot ½ turn left
- 29&30      Scuff right foot next to left, hitch right knee, step forward on right foot
- 31&32      Scuff left foot next to right, hitch left knee, step forward on left foot

### ROCK FORWARD RIGHT, RIGHT SHUFFLE BACK, ROCK BACK LEFT, LEFT SHUFFLE FORWARD

- 33-34      Rock forward on right foot, rock back on left foot
- 35&36      Step back right, slide left next to right, step back on right
- 37-38      Rock back on left foot, rock forward on right foot
- 39&40      Step forward left, slide right next to left, step forward on left

### STOMP RIGHT, HEEL TAPS X 3, SHOULDER SHRUGS X 4 WITH ¼ TURN

- 41-44      Stomp right foot forward, tap right heel for 3 counts
- 45-48      Shrug right shoulder forward & back for 4 counts, while making a ¼ turn left (weight on left foot)

## PART B

### SIDE SHUFFLE RIGHT, ROCK LEFT BEHIND, 2 X HIP BUMPS LEFT, 2 X HIP BUMPS RIGHT

49&50 Step right to right side, slide left next to right, step right to right side  
51-52 Rock back on left behind right foot, rock weight back on to right foot  
53-54 Step on left foot as you bumps hips to left (2 counts)  
55-56 Bump hips to right twice, (weight on right foot)  
**Hip bumps can be replaced for snake rolls left (2 counts) then right (2 counts)**

**SIDE SHUFFLE LEFT, ROCK RIGHT BEHIND, 2 X HIP BUMPS RIGHT, 2 X HIP BUMPS LEFT**

57&58 Step left to left side, slide right next to left, step left to left side  
59-60 Rock back on right behind left foot, rock weight back on to left foot  
61-62 Step on right foot as you bumps hips to right (2 counts)  
63-64 Bump hips to right twice, (weight on left foot)  
**Hip bumps can be replaced for snake rolls right (2 counts) then left (2 counts)**

**REPEAT**

When The Interceptor was demonstrated, the majority preferred the dance with section (A) & (B) danced as one sequence. When dancing to Don't Be Stupid by Shania Twain, or any other piece of music you prefer the dance should be danced as a 64 step Intermediate Line Dance

For the more adventurous dancer, try doing the dance to "Put Your Heart Into It" by Sherrié Austin, dancing it as follows:

Section A, B, A, B, C, A, A, The last 16 counts from section A (33 - 48), B

**PART C**

**SIDE SHUFFLE, CROSS LEFT, UNWIND FULL TURN, SIDE SHUFFLE, ROCK BACK, ROCK FORWARD**

1&2 Step right to right side, slide left next to right, step right to right side  
3-4 Cross step left foot in front of right, unwind a full turn to the right  
5&6 Step left to left side, slide right next to left, step left to left side  
7-8 Rock back on right foot, rock forward on left

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