

# High Maintenance Only

**COPPER KNOB**  
BY STEPHENETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)  
音樂: High Maintenance Woman - Toby Keith



## TOE- HEELS, MODIFIED SAILOR SHUFFLES

1-2            Step right toe to the right side, step down on right heel  
3&4           Step left behind right, step right to right side, step left to left side  
5-6           Cross right toe over left, step down on right heel  
7&8           Step left to left side, step right behind left, cross left over right

## SHUFFLES ¼ TURNING TO THE RIGHT, ½ TURN TO THE RIGHT, ¼ TURN TO THE RIGHT, FORWARD STEP

1            Step right to right side making ¼ turn to the right  
&2           Step left quickly next to right, step forward on right  
3-4           Step forward on left, step right making ½ turn to the right  
5&6           Step left making ¼ turn to the right, step quickly with right next to left, step left next to right  
7-8           Step back on right making ¼ turn to the right, step forward on left

## ROCK STEP, RECOVER STEP, SHUFFLE TURNING ½ TO THE RIGHT, HIP SWAYS

1-2           Rock forward on right, recover on left  
3&4           Step right making ½ turn to the right, step quickly with left next to right, step forward on right  
5-8           Sway hips left, right, left, right

## ROCK STEP, RECOVER STEP, SHUFFLE TURNING ½ TO THE LEFT, HIPS SWAYS

1-2           Rock forward on left, recover on right  
3            Step forward on left making ½ turn to the left  
&4           Step quickly with right next to left, step forward on left  
5-8           Sway hips right, left, right, left

**REPEAT**

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