

# High Maintenance Women

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Improver east coast swing  
編舞者: Helen Born (USA) & Nita Lindley (USA)  
音樂: High Maintenance Woman - Toby Keith



## POINTS, HOLDS

1-2            Point left toes to left, hold  
&3-4          Place weight on left, point right toes to right, hold  
&5&6          Place weight to right, point left toes left, place weight on left, point right toes to right  
7-8            Place weight on right point left toes to left, hold

## LEFT, RIGHT FORWARD SHUFFLES, HOLDS

1&2            Shuffle forward left, right, left  
3-4            Point right toes to right, hold  
5&6            Shuffle forward right, left, right  
7-8            Point left toes to left, hold

## RIGHT, LEFT BACKWARDS SHUFFLES, KICKS

1&2            Shuffle back left, right, left  
3-4            Kick right foot forward twice  
5&6            Shuffle back right, left, right  
7-8            Kick left foot forward twice

## JAZZ BOX ¼ TURN LEFT SCUFF, SIDE SHUFFLE, ROCK STEP

1-2            Step left foot across right, step right back  
3-4            Turn ¼ to left and step onto left, scuff right next to left  
5&6            Right side shuffle right, left, right  
7-8            Rock back on left recover right

## REPEAT

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