

# Heavy Liftin'

**COPPER** KNOB  
BY STEPHEN BRETZ

拍數: 32      牆數: 4      級數: Improver west coast swing  
編舞者: Christopher Petre (USA)  
音樂: Heavy Liftin' - Blake Shelton



When dancing to "Can't Break the Fall" by Joe Nichols, start before the lyrics when the beat kicks in. There are 8 additional counts on the 9th wall; on third time starting at the front wall, complete the first 8 counts of the dance ending with a STAMP (no weight!) and restart

## SCUFF, KICK BALL CROSS, STAMP. SCUFF, KICK BALL CROSS, STOMP

- 1&            Angle body to face 2:00, scuff right foot forward and hook right heel back to left shin  
2&3          Kick right diagonally across left, towards front wall (12:00), step right in place, cross step left over right, traveling to right (3:00)  
4             Stamp right in place, still facing 2:00. Weight stays on left  
5&            Scuff right forward and hook right heel back to left shin  
6&7          Kick right diagonally across left, step right in place, cross step left over right traveling right as above  
8             Square off to front wall as you stomp right to right side

Weight now on right

## SAILOR STEP, SAILOR STEP, TOUCH BACK, UNWIND ½, COASTER STEP

- 1&2          Step left behind right, step right to right side, step left to left side  
3&4          Step right behind left, step left to left side, step right forward  
5-6          Touch left toe back, unwind ½ turn to left (6:00) keeping weight on right

Lift left heel

- 7&8          Step back left, step back right, step forward left

## STEP ½ TURN, COASTER TURN, TOUCH, KICK, CROSSING SHUFFLE

- 1-2          Step forward right, turn ½ left, weight stays on right (12:00)  
3&4          Step back on left, step back on right, take large step forward as you turn ¼ to left (9:00)  
5-6          Touch right toe out to right, low kick right to right side  
7&8          Cross step right over left, step left to left side, cross step right over left

## AND VINE AND CROSSING SHUFFLE, STEP. ¼ TURN, CLAP, ¼ TURN, STAMP

- &1            Step left to left side, step right behind left  
&2&3        Step left to left side, cross step right over left, step left to left side, cross step right over left  
4             Step (or stomp) left to left side  
5             Turn ¼ right (to 12:00) and step (or stomp) forward right  
6             Hold and clap  
7             Turn ¼ right (to 3:00) stepping left to left side  
8             Stamp right next to left, weight stays on left.

REPEAT