

# Hangin' On

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Gloria Johnson (USA)  
音樂: You Keep Me Hangin' On (Classic Paradise Mix) - Reba McEntire



## JAZZ BOX, SCUFF LEFT

1-2            Step right across left; step back on left  
3-4            Step right to right; scuff left beside right

## STEP, SLIDE, STEP, SCUFF

5-6            Step forward on left; slide right next to left  
7-8            Step forward on left; scuff right forward

## JAZZ BOX WITH RIGHT HALF TURN

9-10           Step right across left; step back on left  
11            Swing-step right ½ turn to right placing weight on right foot  
12            Scuff left forward

## MONTEREY SPINS

13            Cross-step left over right  
14            Touch right toe to right side  
15-16        Swing-step right ½ turn to right placing weight on right foot  
16            Touch left toe to left side

17-20        REPEAT STEPS 13-16

## BACK SHUFFLES

Roll your shoulders to the left on steps 21-22 and 25-26, and to the right on 23-24 and 27-28 as if you were doing a backstroke in the swimming pool - Remember the 60's dance called The Swim?

21&22        Shuffle back on left, right, left  
23&24        Shuffle back on right, left, right  
25&26        Shuffle back on left, right, left  
27&28        Shuffle back on right, left, right

## STEP, SLIDE, STEP, SLIDE

29-30        Step forward on left; slide right next to left  
31-32        Step forward on left; slide right next to left

## LONG STEP LEFT

33            Hop-step onto left to left side with a long step (3 feet plus) and extend right arm out to right at the same time  
34-36        Slide right next to left using three beats of music sweeping right arm down and across in front of body

## LONG STEP RIGHT

37            Hop-step onto right to right side with a long step (3 feet plus) and extend left arm out to the left at the same time  
38-40        Slide left next to right using three beats of music sweeping left arm down and across in front of body

## LEFT HEEL TAP AND ARM SWEEP

- 41 Place left foot slightly ahead of right at 11:00 o'clock (keep weight on right foot, touch toe of left foot first, then drop heel) and extend left arm straight out in front with palm facing front and fingers upraised (pointed up)
- 42-44 Tap left heel three more times as you sweep left arm across and to the left (turn head to the left as you sweep the arm left)

**RIGHT HEEL TAP AND ARM SWEEP**

- 45 Switch feet, placing right foot slightly ahead of left at 11:00 o'clock (weight now on left foot, touch toe of right foot first, then drop heel) and extend right arm straight out in front with palm facing front and fingers upraised
- 46-48 Tap right heel three more times as you sweep right arm across and to the right (turn head to the right as you sweep the arm right)

**REPEAT**

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