

# For The 5th Time

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Alice-May Hynam (UK)  
音樂: Why Ain't I Running - Garth Brooks



## CHASSE, CROSS ROCK, COASTER, STEP PIVOT

1&2      Step right to right, slide left to right, step right to right side  
3-4      Cross rock left over right facing diagonally right (1:00), recover  
5&6      Step back left, step right beside left, step forward left (still facing 1:00)  
7-8      Step forward right, pivot to face 9:00

## WALK RIGHT LEFT, RIGHT SHUFFLE, ROCK, LOCK SHUFFLE BACK

9-10      Walk forward right the left  
11&12      Shuffle forward stepping right, left, right  
13-14      Rock forward on left, recover  
15&16      Step back on left, lock right across left, step back left

## ½ TURN RIGHT, KICK BALL TOUCH, HIP BUMPS, SIDE ROCK

17&18      Point right toe back, tap right toe twice making ½ turn right  
19&20      Kick right foot forward, step right beside left, touch left toe beside right  
21&22      Bump hips left, right, left making ¼ turn right  
23-24      Rock left to left side, recover

## LEFT SAILOR, TOE TOUCHES, RIGHT SAILOR ¼ TURN, TOE TOUCHES

25&26      Step left behind right, step right to right side, step left to left side  
27-28      Point right across left, point right toe to right side  
29&30      Step right behind left, step left to left side, step right to right side, making ¼ turn right  
31-32      Point left toe forward, point left toe back

## LEFT SHUFFLE, SIDE ROCK, SHUFFLE ¾ TURN, ROCK

33&34      Step forward left, step right beside left, step forward left  
35-36      Rock right to right side, recover  
37&38      Shuffle ¾ turn right stepping right, left, right  
39-40      Rock forward on left, recover

## SHUFFLE ½ TURN, ROCK, SHUFFLE ¾ TURN, FORWARD COASTER

41&42      Shuffle ½ turn left stepping left, right, left  
43-44      Rock forward on right, recover  
45&46      Shuffle ¾ turn right stepping right, left, right  
47&48      Step forward left, step right beside left, step back on left

## STEP, LOCK, CHASSE, CROSS UNWIND, CHASSE

49-50      Step long step back right, cross left over right making ¼ turn right  
51&52      Step right to right side, slide left to right, step right ot right side  
53-54&      Cross left behind right, unwind ½ turn left, cross left over right  
55&56      Step right to right side, slide left to right, step right to right side

## KICK BALL CROSS, HEEL AND TOE TOUCHES, RIGHT TOE STRUT, CROSS

57&58      Kick left diagonally forward, step left beside right, cross right over left  
&59&      Step back left, touch right heel forward, step right beside left  
60&61      Touch left toe beside right, step left in place, touch right toe to right side

&62&  
63&64

Step right beside left, touch left toe to left side, step left beside right  
Touch right toe beside left, strut right heel, step left across right

**REPEAT**

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