

# Everyday Distraction

**COPPER KNOB**  
STEPPERS

拍數: 48      牆數: 4      級數: Improver  
編舞者: Max Perry (USA)  
音樂: Button Off My Shirt - Ronnie Milsap



---

## WALK FORWARD, FORWARD, FORWARD, MAMBO ROCK FORWARD, BACK TURNING ¼ RIGHT, SIDE, CROSS IN FRONT, FORWARD TURNING ¼ RIGHT, MAMBO ROCK FORWARD

- 1-2-3-4&      Walk forward right, left, right, rock left forward, step right in place (recover)  
5      Step left back and turn ¼ right  
6&7      Step right to right side, cross left over right, turn ¼ right and step right forward (6:00)  
8&      Rock left forward, step right in place (recover)

## DIAGONAL STEP BACK, TOUCH HEEL FORWARD, DIAGONAL STEP BACK, TOUCH HEEL FORWARD, BACK ROCK, ¼ PIVOT TURN RIGHT

- 1-2-3-4      Step left diagonally back, touch right heel forward, step right diagonally back, touch left heel forward  
5-6-7-8      Rock left back, step right in place (recover), step left forward & turn ¼ right, step right in place

## CROSS, SIDE, SAILOR SHUFFLE, CROSS, SIDE, SAILOR SHUFFLE

- 1-2      Cross left over right, step right to right side  
3&4      Cross left behind right, step right to right side, step left in place  
5-6      Cross right over left, step left to left side  
7&8      Cross right behind left, step left to left side, step right in place

## CROSS, POINT, CROSS, POINT, JAZZ BOX TURNING ½ LEFT, SHUFFLE FORWARD

- 1-2-3-4      Cross step left over right, touch right toe to right side, cross step right over left, touch left toe to left side  
5-6      Cross left over right starting to turn left, step right back finishing a ½ turn left  
7&8      Left shuffle forward - left, right, left

## 4 - ¼ PIVOT TURNS

- 1-2      Step right forward & turn ¼ left, step left in place  
3-4      Step right forward & turn ¼ left, step left in place  
5-6      Step right forward & turn ¼ left, step left in place  
7-8      Step right forward & turn ¼ left, step left in place

## FORWARD ROCK TO ½ RIGHT TURN, FORWARD TRIPLE, ½ PIVOT TURN RIGHT, FORWARD TRIPLE

- 1-2      Rock right forward, step left in place & turn ½ right  
3&4      Right shuffle forward - right, left, right  
5-6      Step left forward & turn ½ right, step right in place  
7&8      Left shuffle forward - left, right, left

**REPEAT**

---