

# D&M Nation (Dam Nation)

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate line/contra dance  
編舞者: Mark Hood (UK) & Douglas Semple (UK)  
音樂: Tell Me Ma (Summit Mix) - Sham Rock



## HEEL-TOE SWIVEL TWICE

- 1 Swivel both heels right
- 2 Swivel both toes right
- 3 Swivel both heels right
- 4 Swivel both toes right

## SHUFFLE, SHUFFLE

- 5 Step right forward
- & Step left beside right
- 6 Step right forward
- 7 Step left forward
- & Step right beside left
- 8 Step left forward

## HEEL, TOE, CROSS, UNWIND

- 9 Touch right heel forward
- 10 Touch right toe to the right
- 11 Cross right over left
- 12 Unwind  $\frac{1}{2}$

## CROSS, UNWIND SHUFFLE

- 13 Cross left over right
- 14 Unwind  $\frac{1}{2}$
- 15 Step left to the left
- & Step right beside left
- 16 Step left to the left

## SHUFFLE, SHUFFLE

- 17 Step back right
- & Step left beside right
- 18 Step back right
- 19 Step back left
- & Step right beside left
- 20 Step left back

## ROLLING GRAPEVINE

- 21 Step right to the right with  $\frac{1}{4}$
- 22 Step left past right with  $\frac{1}{4}$
- 23 Step right behind left with  $\frac{1}{2}$
- 24 Step left in place

## SAILOR STEP, CROSS, UNWIND

- 25 Step right behind left
- & Step left to the left
- 26 Step right in place
- 27 Cross left behind right

28 Unwind whole turn

**SHUFFLE, SHUFFLE**

29 Step right to the right  
& Step left beside right  
30 Step right to the right  
31 Step left to the left  
& Step right beside left  
32 Step left to the left

**REPEAT**

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