

# Dance Little Dixie

**COPPER** **KNOB**  
STEPSHEETS

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Barbara Mendelsohn (USA)  
音樂: Bang, Bang, Bang - Nitty Gritty Dirt Band



## HIP BUMPS, ARM PUMPS

- 1-2                      Step left foot to left side while pumping left arm and bumping left hip, pump and bump again  
3-4                      Step left beside right; clap hands  
5-6                      Step right foot to right side while pumping right arm and bumping right hip; pump and bump again  
7-8                      Step right beside left; clap hands

## KICK-BALL-CHANGE, CROSS, UNWIND, TOUCH OUT, STEP IN, BODY ROLL

- 9&10                      Kick right foot forward; step ball of right beside left; step left in place  
11-12                      Cross-touch right over left; unwind ½ turn left  
13-14                      Touch right toe to right side; step right beside left  
15&16                      Body roll or shimmy

## FORWARD PROGRESSING 'MASHED POTATOES'

- &                      Swivel left heel out as you lift right foot off the floor  
17                      Place right ball of foot in front of left foot as you swivel both heels to center  
&18                      Swivel both heels out; swivel both heels in  
&                      Swivel right heel out as you lift left foot off the floor  
19                      Place left ball of foot in front of right foot as you swivel both heels to center  
&20                      Swivel both heels out; swivel both heels in  
&                      Swivel left heel out as you lift right foot off the floor  
21                      Place right ball of foot in front of left as you swivel both heels to center  
&22                      Swivel both heels out; swivel both heels in  
&                      Swivel right heel out as you lift left foot off the floor  
23                      Place left ball of foot in front of right as you swivel both heels to center  
&24                      Swivel both heels out; swivel both heels in

## WALK, WALK, TRIPLE STEP, ½ TURN, SHUFFLE, STOMPS

- 25-26                      Step right forward, then left  
27&28                      Cross-step right behind left; step left in place; step back on right  
&                      Turn ½ left on right foot  
29&30                      Step left foot forward; step right together; step left foot forward  
31-32                      Stomp right; stomp left

## ¾ TURN, TOUCH, SIDE-SHUFFLE, ROCK STEP

- 33-34                      Turning ¼ right, step on right; turning ¼ right, step on left foot  
35-36                      Turning ¼ right, step on right; touch left beside right  
37&38                      Step left foot to left side; step right together; step left to left side  
39-40                      Rock diagonally back onto right foot; step forward onto left

## HEEL, TOE, HITCH, STEP; HEEL, TOE, HITCH, STEP

- 41&42                      Touch right heel forward to right diagonal; step right in place (facing diagonal); touch left toe back to left diagonal  
43                      Hitch left knee  
44&45                      Step left in front of right facing current wall: step right to right side (facing left diagonal); touch left heel forward to left diagonal

&46  
47-48

Step left in place (continuing to face diagonal); touch right toe back to right diagonal  
Hitch right knee; step right in front of left facing current wall

**REPEAT**

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