

# Coast To Coast

**COPPER** KNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Donald E. Kaneski (USA)  
音樂: Any slow to medium West Coast Swing 105 to 120 bpm



## STROLLS AND SAILOR STEPS

- 1                      Step right foot diagonal right
- 2                      Drag or lock left foot to right
- 3                      Step right foot behind left
- &                      Step left foot side left
- 4                      Step right foot side right
- 5                      Step left foot diagonal left
- 6                      Drag or lock right foot to left
- 7                      Step left foot behind right
- &                      Step right foot side right
- 8                      Step left foot side left

## KICK-BALL HEEL, COASTER STEP, CROSS & HOOK, THREE STEP TURN

- 1                      Kick right foot forward
- &                      Step down on ball of right foot next to left
- 2                      Step in place right and touch left heel forward
- 3                      Step back on ball of left foot
- &                      Step down on ball of right foot next to left
- 4                      Step forward on left
- 5                      Step on ball of right foot behind left
- &                      Step down on left foot next to right
- 6                      Hook right foot over left
- 7                      Step right foot  $\frac{1}{4}$  turn right
- &                      Turn  $\frac{1}{2}$  turn right on right foot stepping back on left
- 8                      Step right foot  $\frac{1}{4}$  turn right

## SIDE TOUCH & HOOK, THREE STEP TURN, KICK RIGHT, SHUFFLE TURN

- 1                      Touch left foot side left
- 2                      Hook left foot over right
- 3                      Step left foot  $\frac{1}{4}$  turn left
- &                      Turn  $\frac{3}{4}$  turn left on left foot stepping back on right
- 4                      Step left foot  $\frac{1}{4}$  turn left
- 5                      Kick right foot forward
- 6                      Kick right foot forward
- 7                      Step back right  $\frac{1}{4}$  turn right
- &                      Step left foot to heel of right
- 8                      Step right foot  $\frac{1}{4}$  turn right

## STEP HITCH, SIDE TOUCHES, KICK-BALL CHANGES

- 1                      Step back on left
- &                      Hitch right and scoot back on left
- 2                      Step back on right
- 3                      Touch left foot side left
- &                      Step down on left foot next to right
- 4                      Touch right foot side right
- 5                      Kick right foot forward

- & Step down on ball of right foot next to left
- 6 Step in place left
- 7 Kick right foot forward
- & Step down on ball of right foot next to left
- 8 Step in place left

**REPEAT**

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