

# Bundle Of Nerves

**COPPER** **NOB**  
STEPSHEETS

拍數: 36      牆數: 4      級數: Intermediate  
編舞者: Joy Layer (UK) & Janet Billington (UK)  
音樂: Bundle of Nerves - Ken Mellons



## STRUT, STRUT, STRUT, STRUT

1-4      Right strut, left strut, right strut, left strut

## KICK BALL CHANGE, STOMP, CLAP, KICK BALL CHANGE, STOMP, CLAP

5&6      Kick right forward, step right beside left, step left in place, stomp right in place, clap

7&8      Kick left forward, step left beside right, step right in place, stomp left in place, clap

## HEEL, HEEL, HEEL, TOE, TWIST, TWIST

9&10&      Right heel forward, step right in place, left heel forward, step left in place

11&12&      Right heel forward, tap right toe behind, swivel heels a quarter to left, swivel heels a half to right

## SHUFFLE, SHUFFLE, STEP TURN, SHUFFLE TURN

13&14&      Step forward left, close right beside left, step forward left, step forward right, close left beside right, step forward right

15&16&      Step forward left, pivot half turn right, shuffle step half turn right, stepping-left, right, left

## BACK, TOGETHER, CROSS, SIDE AND CROSS

17&18      Step back right, step back left, cross right over left

19&20      Step left to left side, step right in place, cross left over right

## SIDE, BEHIND, SIDE, INFRONT, SIDE, TURN, SHUFFLE

21&22&      Step right to right side, cross left behind right, step right to right side, cross left in front of right

23&24&      Step right to right side, step a quarter turn on left to left, step forward right, close left beside right, step forward right

## STEP, TURN, SHUFFLE TURN, JUMP OUT, JUMP IN

25&26&      Step forward left, pivot half turn right, shuffle half turn right, stepping-left, right, left

27      Jump feet apart (syncopated)

28      Jump feet together (syncopated)

## MONTEREY TURN, KNEE, KNEE

29&      Touch right to right side, pivot full turn right stepping right in place with weight

30&      Touch left to left side, step left in place

31-32      Right knee pop, left knee pop

## KICK BALL CHANGE, STEP TURN

33&34      Kick right forward, step right beside left, step left in place

35-36      Step forward right, turn quarter to left

## REPEAT