

# Brain Train

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Rosie Multari (USA)  
音樂: If I Only Had A Brain - John Darling



## SYNCO-GRAPEVINE, HEEL SWITCHES, ¼ TURN

1-2            Step right, cross left behind right  
&3-4          Step right, cross left over right, stomp right  
5&6          Tap left heel forward, step left, tap right heel forward  
&7-8          Step right, tap left heel forward, pivot ¼ turn left, keeping weight in right

## SHUFFLES, PIVOT TURNS

9&10          Shuffle forward left, right, left  
11&12        Shuffle forward right, left; right  
13-14        Step forward left, pivot ½ turn to right, transferring weight into right  
15-16        Step forward left, pivot ½ turn to right, transferring weight into right

### Easy variation

13-16        Rock forward left, recover weight right, rock back left, recover weight right

## SIDE SHUFFLE, SCUFF HITCH STOMP

17&18        Side shuffle left, right, left  
19&20        Scuff/hitch right, stomp left heel in place, stomp right  
21&22        Side shuffle left, right, left  
23&24        Scuff/hitch right, stomp left heel in place, stomp right

## SLOW BACK, QUICK FORWARD

25-28        Touch left toe back, drop left heel, touch right toe back, drop right heel  
29-31        Walk forward (exaggerated big steps, swinging arms!) Left, right, left  
32            Scuff right to side

## REPEAT

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