

# No Dr Phil

**COPPERKNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Nancy Morgan (USA)  
音樂: When It Rains - Gretchen Wilson



**KICK  
FORWARD,  
KICK SIDE,  
SAILOR  
SHUFFLE,  
KICK  
FORWARD,  
KICK SIDE,  
SAILOR  
SHUFFLE**

1-2 Kick right  
foot forward,  
kick right foot to  
right side  
3&4 Sailor  
shuffle - step  
right behind left,  
left to left side,  
right foot  
forward  
5-6 Kick left foot  
forward, kick left  
foot to right left  
7&8 Sailor  
shuffle - step  
left behind right,  
right to right  
side, left foot  
forward

**FORWARD  
ROCK, SKIP  
BACK FOR 4  
COUNTS,  
BACK ROCK**

1-2 Rock/step  
forward on right  
and back on left

&3 Lift right foot  
up as you hop  
on left, bring  
and set right  
foot directly  
behind left (it is  
like skipping  
backwards)

&4 Lift left foot  
up as you hop  
on right, bring  
and set left foot  
directly behind  
right

&5 Lift right foot  
up as you hop  
on left, bring  
and set right  
foot directly  
behind left

&6 Lift left foot  
up as you hop  
on right, bring  
and set left foot  
directly behind  
right

7-8 Back  
rock/step on  
right and  
forward on left

**STEP  
FORWARD,  
BOUNCE TWO  
TIME IN ½  
TURN TO  
LEFT, KICK  
FORWARD,  
BACK  
COASTER,  
FORWARD  
COASTER**

1 Step forward  
on right (stay on  
balls of feet)

2-3 Bounce two  
(2) times on  
heels as your  
turn one half  
turn to left  
(weight is on  
right)

4 Kick left foot  
forward

5&6 Back  
coaster step -  
step back on  
left, back on  
right, and  
forward on left

7&8 Forward  
coaster step -  
step forward on  
right, step  
forward on left,  
step back on  
right

**TOUCH BACK,  
¼ TURN LEFT,  
SWIVEL,  
SWIVEL ¼  
TURN LEFT,  
KICK-BALL-  
CHANGE  
SWIVEL,  
SWIVEL ¼  
TURN LEFT**

1-2 Touch left  
toe back, pivot  
¼ turn to your  
left (weight is  
even)

3 Swivel both  
feet to right (on  
balls of feet)

4 Swivel both  
feet to left ¼  
turn to left (on  
balls of feet,  
weight ends on  
left)

5&6 Kick-ball-  
change - kick  
right foot  
forward, put  
right next to left  
as you pick left  
off floor, set left  
next to right

7 Swivel both  
feet to right (on  
balls of feet)

8 Swivel both  
feet to left ¼  
turn to left (on  
balls of feet,  
weight ends on  
left)

**REPEAT**

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