

# Sand In My Shoes

**COPPER** **KNOB**  
BY STEPHEN HETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Wil Curley (CAN) - January 2008  
音樂: Sand In My Shoes - Dido : (Life For Rent)



## RIGHT SIDE ROCK CROSS, RIGHT SIDE ROCK CROSS

1-2      Right foot side rock, recover left  
3-4      Right foot cross rock, recover left  
5-6      Right foot side rock, recover left  
7-8      Right foot cross rock, recover left

## RIGHT ¼ TURN KICK, BACK ROCK, LEFT KNEE OUT-IN, LEFT KICK FORWARD

1-2      Right foot side, quarter turn right on left foot, kick right slightly  
3-4      Right foot back rock, recover left  
5-6      Right foot beside left with weight, left knee out  
7-8      Left knee in, kick left foot forward and lift heel of right of right foot

## LEFT BACK TOGETHER RIGHT, LEFT FORWARD SHUFFLE, RIGHT MONTEREY

1-2      Left foot step back, right together  
3&4      Left, right, left forward shuffle  
5-6      Right foot to right side with weight on left, do ½ turn to right on left foot, end with right foot beside left with weight on right  
7-8      Touch left foot to left side and place beside right with weight

## RIGHT MONTEREY, RIGHT ½ TURN JAZZ BOX

1-2      Right foot to right side with weight on left, do ½ turn to right on left foot, end with right foot beside left with weight on right  
3-4      Touch left foot to left side and place beside right with weight  
5-6      Right foot cross in front of left foot, step back on left foot with weight  
7-8      On right foot make ½ turn to right with weight, place left foot beside

## ¼ TURN RIGHT AND TOUCH LEFT, GRAPEVINE TO RIGHT, TOUCH RIGHT, TOUCH LEFT

1-2      Step forward on right with weight and pivot ¼ turn and touch left toe out to left side  
3-4      Step left foot behind right with weight, step right foot beside with weight  
5-6      Step left foot in front of right with weight, touch right toe out to right side  
7-8      Step right foot behind left with weight, touch left toe out to left side

## TOUCH LEFT TOE, PIVOT ¼ TURN RIGHT, KICK LEFT, ROCK BACK LEFT AND RECOVER, JAZZ BOX IN PLACE

1-2      Cross left toe in front of right and touch toe, pivot ¼ turn right on right and kick left foot forward  
3-4      Rock back on left, recover on right  
5-6      Cross left foot in front of right, step back right  
7-8      Step left foot beside right with weight, touch right toe in place

## RIGHT PIVOT TURN, LEFT PIVOT TURN, LEFT GRAPEVINE

1-2      Step forward right, turn ¼ to right on right foot with weight, touch left toe to left side  
3-4      Step ½ turn to left on left foot with weight, touch right toe out to right side  
5-6      Step right foot behind left with weight, step left foot beside right with weight  
7-8      Step right foot in front of left with weight, touch left toe out to left side

## FRONT CROSS AND TOUCH, BACK CROSS AND TOUCH, FRONT CROSS AND ½ TURN, TOUCH AND KICK

- 1-2 Step left foot across front of right with weight, touch right toe out to right side
- 3-4 Step right foot behind left with weight, touch left toe out to left side
- 5-6 Step left foot across front of right, unwind  $\frac{1}{2}$  turn to right and end with weight on left
- 7-8 Touch right toe in place, kick right foot forward

**REPEAT**

**RESTART:**

On 6th wall of dance after count 32 ( $\frac{1}{2}$  turn jazz box), do a 4 count tag consisting of a  $\frac{3}{4}$  turn jazz box which puts you back on the front wall, then restart the dance at count 1.

---