

# Healing

**COPPER KNOB**  
STEPPED

拍數: 32      牆數: 4      級數: Improver  
編舞者: Michael Thompson (USA) - December 2010  
音樂: Sexual Healing - Marvin Gaye



**Start: 16 counts into music after the beat kicks in (start right after the "WOOO")**

## **STEP FORWARD, SWEEP ¼ LEFT, CROSSING TRIPLE, SWAY 4X**

1-2-3&4      Step left foot forward, sweep the right foot while turning ¼ left, cross the right foot over left, step left foot to left, cross the right foot over left  
5-8      Step left to side and sway hips left, right, left, right

## **SAILOR LEFT AND RIGHT, POINT FORWARD 2X, TOUCH SIDE, ¼ TURN LEFT**

1&2-3&4      Step left foot behind right, step right foot to right, recover back to left, step right foot behind left, step left foot to left, recover back to right  
5&6&7-8      Touch left toe forward, step left foot next to right, touch right toe forward, step right foot next to left, touch left toe to left, turn ¼ left, keeping weight back on right

## **TRIPLE FORWARD, KICK, STEP BACK, BUMP FORWARD, BACK, FORWARD, BACK**

1&2-3-4      Step left foot forward, step right foot behind left, step left foot forward, kick right foot forward, step back on right foot  
5-8      Bump hips forward, back, forward, back

## **STEP, 3 MILITARY TURNS, STEP**

1      Step left foot forward  
2-7      Step right foot forward, turn ¼ left (repeat 3x)  
8      Step right foot forward

## **REPEAT**

**Contact: Michael Thompson (dancemic1@yahoo.com or 770-365-9831)**

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