

# Sick of Me

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Brandon Zahorsky (USA) - March 2011  
音樂: Sick of Me - Miss Willie Brown



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## Side R step, Sailor Step, Side Left step, Sailor ½ turn

1,2      Step R, to R side, Recover on L  
3&4      Cross R behind L, step left to side, step right to side  
5,6      Step L to side, Recover on R  
7&8      Sweep L ½ turn behind R, Step R to side, Step L to side

## Heal, And Heal, Step R, Step L, Body Roll Kick, Coaster Step

1&2      R heel forward, L heel forward (You should be moving forward on these steps)  
&3,4      Quickly step down on L, Step R out, Step L out (about shoulder width apart, weight on L)  
5,6      Roll your R shoulder down shifting the weight to your R, raise your L shoulder up as you kick  
L diagonal forward  
7&8      (Staying on a slight diagonal) Step L back, Step R together, Step L forward  
(Restarts occur here on 3rd and 8th wall after 16 counts in)

## Cross, Side, Sailor Step, Cross, 1/4 turn L, 1/4 shuffle forward

1,2      Step R in front of L, Step L to side  
3&4      Step R behind L, Step L to side, step R to side  
5,6      Step L in front of R, Step R to side  
7&8      Shuffle ½ turn L, R, L

## 1/4 Turn Monterey, Hip Bumps

1,2      Point R to R side, ¼ turn R,  
3,4      Point L to side, Bring L together with R  
5&6      Step R forward, Bump hips R, L, R  
7&8      Recover on L, Bump hips L,R,L

## Restarts:-

Occur while dancing on 3rd wall (you will be facing the 12 o'clock wall on the 1st restart)  
and 8th wall (you will be facing the 6 o'clock wall on the 2nd restart) 16 counts in to dance. (Square up to front wall to restart the dance)

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