

# Solid Ground

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 4      級數: Phrased High Intermediate  
編舞者: Debbie McLaughlin (UK) - May 2012  
音樂: Mamma Knows Best - Jessie J : (Album: Who You Are)



Count in: After 16 counts on lyrics - SEQUENCE: A B A TAG A B A TAG A A A

## PART A

### BACK, COASTER STEP STEP, 1/4 TURN SIDE CROSS, 1/4 TURN, STEP 1/4 TURN CROSS

1, 2&      Take big step back on L, Step back on R, Step L beside R  
3, 4      Step R forward, Step L forward  
&5, 6      Make 1/4 turn L stepping R to R side, Cross L over R, Make 1/4 turn R stepping forward R  
7&8      Step forward L, Pivot 1/4 turn R taking weight on R, Cross rock L over R (3 o'clock)

### SWEEP, BEHIND SIDE CROSS & 1/4 TURN TOGETHER, STEP, STEP, 1/2 TURN, WALK, WALK

1, 2&      Recover weight onto R sweeping L around, Cross L behind R, Step R to R  
3&4      Cross L over R, Make 1/4 turn L stepping slightly back on R, Step L beside R (pushing bum out slightly! (12 o'clock)  
5, 6&      Step R Forward, Step L Forward, Pivot 1/2 Turn R Taking weight onto R  
7, 8      Walk forward L R with attitude! (6 o'clock)

### ROCK RECOVER & CROSS BACK & CROSS BACK & CROSS 1/4 TURN 1/4 TURN

1, 2      Rock forward on L, Recover back on R  
&3, 4      Step slightly back on L, Cross R over L, Step L slightly back  
&5, 6      Step slightly back on R, Cross L over R, Step R slightly back  
&7,8&      Step slightly back on L, Cross R over L, Make 1/4 turn R slightly stepping back on L, Make 1/4 turn R stepping R forward (12 o'clock)

### TOUCH & TOUCH & SIDE 1/4 TURN BACK, TOUCH 1/2 TURN & TOUCH 1/2 TURN

1&2&      Touch L forward, Step L beside R, Touch R forward, Step R beside L  
3, 4      Make 1/4 turn L and rock forward L, Recover back onto R (9 o'clock)  
5, 6&      Touch L toe back and make 1/2 turn L pushing weight into ball of L (5), Step weight back on R, Step back L {3 o'clock)  
7, 8&      Touch R toe back and make 1/2 turn R pushing weight into ball of R (5); Step weight back on L, Step back R (9 o'clock)

### Easy option for counts 5-8 (You'll repeat this twice if the tag is coming next)

5, 6&      Rock back on L to L diagonal, Recover forward onto R, Step L beside R  
7, 8&      Rock forward on R to R diagonal, Recover back onto L, Step R beside L

## PART B

### BACK POINT, BACK POINT & POINT, 1/4 TURN, 1/2 TURN, 1/4 TURN OUT, OUT, IN

1,2,3      Step back on L, Point R to R side, Step back on R  
4&5      Touch L to L side, Step L beside R, Touch R to R side  
6,7      Make 1/4 turn R stepping forward R, Make 1/2 turn R stepping back on L  
&8&      Make 1/4 turn R stepping R to R side, Step L to L side, Step R beside L

### CROSS 1/4 TURN COASTER STEP, STEP 1/2 TURN, FORWARD ROCK RECOVER &

1, 2      Cross L over R, Make 1/4 turn L stepping back on R  
3&4      Step back on L- Step R beside L, Step L forward  
5, 6      Step R forward, Pivot 1/2 turn L taking weight onto L  
7, 8&      Rock forward on R, Recover back onto L Step R beside L

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## TAG

## **BACK ROCK & FORWARD ROCK**

1,2&                Rock back on L to L diagonal, Recover forward onto R, Step L beside R

3, 4&                Rock forward on R to R diagonal, Recover back onto L, Step R beside L

**SEQUENCE: A B A TAG A B A TAG A A A**

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