

# Nice Long Break

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Easy Intermediate  
編舞者: Vanessa H. - July 2012  
音樂: One Way Ticket - Carrie Underwood



## Right Lock Forward, Left Lock Forward, Jazz Box ¼ Turn Right, Step Touch Step Touch

1&2      step right forward, lock left behind right, step right forward  
3&4      step left forward, lock right behind left, step left forward  
5&6&      cross right over left, step left back, turn ¼ turn right, touch left beside right  
7&8&      step left to side, touch right beside left, step right to side, touch left beside right (3:00)

## Left Side Shuffle Back Rock And Recover, Right Side Shuffle Back Rock And Recover

1&2      step left to side, step right beside left, step left to side  
3-4      rock right back, recover to left  
5&6      step right to side, step left beside right, step right to side  
7-8      rock left back, recover to right (3:00)

## Step Forward, ½ Turn Right, Shuffle ½ Turn Right, Back Rock And Recover, Left ¼ Turn Vine, Touch

1-2      step left forward, ½ turn right (weight on right)  
3&4      ½ turn right stepping back left, right, left  
5-6      step right back, recover to left  
7&8&      step right forward making ¼ turn left, step left behind right, step right to side, touch left beside right (12:00)

## Left Touch Forward And Step, Right Touch Forward And Step, Rocking Chair, ½ Turn Right, Step

1-2      touch left forward, step left forward  
3-4      touch right forward, step right forward  
5&6&      step left forward, recover to right, step left back, recover to right  
7&8      step left forward, ½ turn right (weight on right), step left beside right (6:00)

## Right Step Cross Step Kick, Left Step Cross Step Kick, Forward Shuffle Right, Forward Shuffle Left

1&2&      step right to side, cross left over right, step right to side, kick left diagonally forward  
3&4&      step left to side, cross right over left, step left to side, kick right diagonally forward  
5&6      chasse diagonally forward right, left, right  
7&8      chasse diagonally forward left, right, left (6:00)

## Jazz Box ¼ Turn Right Touch, Left Side Mambo, Right Step, Sweep ¼ Turn Left, Coaster

1&2&      cross right over left, step left back, turn ¼ turn right, touch left beside right  
3&4      rock left to side, recover to right, step left beside right  
5-6      step right to side, sweep left behind right making ¼ turn left  
7&8      step left back, step right beside left, step left forward (6:00)