

# Southern Grits

**COPPER KNOB**  
STEP SHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Donna Manning (USA) - September 2012  
音樂: G.R.I.T.S. - Brantley Gilbert



1 - 4 count tag after wall 1 - then there are 4 Restarts beginning with walls 2, 4, 6, & 8  
(Same place – 16 counts into dance).

This will change your walls each time. So, it is, in reality a 4 wall dance. Music driven! Don't let these scare you!

## L Back Triple, R Back Triple, Syncopated Rocks, Step Forward

1 & 2      Step L back, close ball of R to L instep, Step back on L  
3 & 4      Step back on R, close ball of L to R instep, Step back on R  
5 & 6 & 7 &      Rock back on L, Recover to R, Rock Forward on L, Recover to R, Rock Back on L, Recover to R  
8      Step Forward on L (12:00)

## R Forward Triple, L Forward Triple, Syncopated Rocks, ¼ Turn L, Cross

1 & 2      Step R Forward, close ball of L to R instep, Step Forward on R  
3 & 4      Step Forward on L, close ball of R to L instep, Step Forward on L  
5 & 6 &      Rock Forward on R, Recover To L, Rock back on R, Recover To L  
7 & 8      Step Forward on R, Make ¼ Turn L taking weight to L, Cross R over L (9:00)

**\*\*Restarts are here walls 2, 4, 6, & 8 – add an & count and touch L behind R – start over\*\***

## ¼ Turn R, ¼ Turn R, Cross, Side, ¼ Turn L, ¼ Turn L, ½ turn Left Sailor Cross, Voltas

1 & 2      ¼ Turn R Stepping back on L, ¼ Turn R Stepping R To Side, Cross L over R  
3 & 4      Step R to Side, ¼ Turn L Stepping L to Side, ¼ Turn L Stepping R To Side  
5 & 6      Step L behind R Turning ½ turn L on the ball of L, Step R to R side, Cross L over R angled towards 4:00  
& 7 & 8      Ball of R to R Side, Cross L over R, Ball of R to R Side, Cross L over R - angled towards 4:00 (3:00)

## Touch, Touch, Step, Back Rock & Step, Side Rock, Cross, Side, Half Turn R, Rock Recover

1 & 2,      Touch R to Side, Touch R to L Instep, Step R to Side – as you step to R drag L in changing angle to 1:00  
3 & 4      Staying angled @ 1:00 Back Rock L, Recover To R, Step Forward on L  
5 & 6      R Side Rock, Recover To L (straighten up to 12:00), Cross R over L  
7 & 8 &      Step L to Side, ½ Turn R Stepping forward on R, Rock Forward on L, Recover to R (6:00)

**\*\*\*4 count TAG – 1st 4 counts of dance, L Back Triple and R Back Triple – happens only 1 time!\*\*\***

**END OF DANCE!**

Please do not alter this step sheet in any way.

If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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