

# Secret of Living

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Improver  
編舞者: Karen Holtom (UK) - October 2013  
音樂: The Secret of Living, by A Woman's Heart



## Section 1: Brush brush toe strut, brush brush toe strut

1-2      Brush ball of right forward, brush ball of right back  
3-4      Step forward on right toe, drop right heel  
5-6      Brush ball of left forward, brush ball of left back  
7-8      Step forward on left toe, drop left heel

## Section 2: Back strut, back strut, side tap, ¼ tap

1-2      Step back on right toe, drop right heel  
3-4      Step back on left toe, drop left heel  
5-6      Step right to right side, tap left next to right  
7-8      Turning 1/4 left step left to left side, tap right next to left

## Section 3: Run right left right hitch, back back ¼ turn tap

1,2,3,4      Run forward right, left, right, hitch left  
5,6,7,8      Run back left, right, turn ¼ left stepping onto left, tap right next to left

## Section 4: ½ Monterey, ¼ Monterey

1-2      Touch right to right side. On ball of left make ½ turn right stepping right beside left.  
3-4      Touch left to left side. Step left beside right.  
5-6      Touch right to right side. On ball of left make ¼ turn right stepping right beside left.  
7-8      Touch left to left side. Step left beside right.

## Section 5: Behind side cross point, behind side cross point

1-2      Cross right behind left, step left to left side  
3-4      Cross right over left, point left to left side  
5-6      Cross left behind right, step right to right side  
7-8      Cross left over right, point right to right side

## Section 6: Strutting jazz box quarter turn right

1-2      Cross right toe over left, drop right heel  
3-4      Touch left toe behind right, drop left heel  
5-6      Turning ¼ turn right, step forward on right toe, drop right heel  
7-8      Step forward left onto left heel, drop right toe

## Section 7: Heel strut heel strut, back back back hitch

1-2      Step forward on right heel, drop right toe  
3-4      Step forward on left heel, drop left toe  
5,6,7,8      Run back right, left, right, hitch left

## Section 8: Coaster step brush, jazz box on the spot

1,2,3,4      Step back left, step right beside left, step forward left, brush right  
5-6      Cross right over left, step back on left  
7-8      Step right to right side. Step left beside right.

**TAGS: At the end of Walls 2, 5 and 7: Stomp right, stomp left.**

Contact: [kjholtom@yahoo.co.uk](mailto:kjholtom@yahoo.co.uk)

