

11:59 EZ

COPPER KNOB
STUDIO

Count: 32

Wall: 2

Level: Absolute Beginner

Choreographer: Roger (leftfoot) Hunter (USA) - February 2017

Music: 11:59(central standard time) by The Railers



#16 count intro after 1234...starts on lyrics

Heel,Toe,Coaster(R)Heel,Toe,Coaster(L)

- 1-2 touch R heel F,touch R toe next to L.
3&4 step R back,step L back slightly,step R foot F.
5-6 touch L heel F,touch L toe next to R.
7&8 step L back,,step R back slightly,step L foot F.

Step Toe Out In,Step Toe Out In,Walk Half Circle.

- 1-4 touch R toe out,step R in,touch L toe out,step L in
5-8 walk ½ circle counter clockwise,R,L,R,L.

Vine Right Touch,Vine Left Touch.

- 1-4 step R to R,step L behind R,step R to R,touch L to R.
5-8 step L to L,step R behind L,step L to L,touch R to L.

Walk Forward x 4,Walk Back x 4.

- 1-4 walk forward R,L,R,kick L,(clap)
5-8 walk back L,R,L,R.

Last Update – 7 Nov. 2019 - R2

AB Life Rolls On



Count: 32

Wall: 4

Level: Absolute Beginner /
Beginner

Choreographer: Janet Cummings (USA) - 16 February 2021

Music: Life Rolls On - Florida Georgia Line

Intro: 16 Counts - No Tags/Restarts

Weight on Left...

SECTION 1: R POINT TO SIDE, TOUCH CENTER, STEP FORWARD, L TOUCH; L POINT TO SIDE, TOUCH CENTER, STEP BACK, R TOUCH

1, 2, 3, 4 R Point to Side, Touch to Center, Step Forward, L Touch to Center

5, 6, 7, 8 L Point to Side, Touch to Center, Step ~~BACK~~, R Touch to Center**NOTE: Beginners...to make this a 4-wall dance,**

change the last two counts - Turn ¼ Left-Step L (7), Touch R (8).

SECTION 2: ROCKING TOE STRUT

1, 2 R Toes Step Back, Drop Heel

3, 4 L Toes Step Forward, Drop Heel

5, 6 R Toes Step Back, Drop Heel

7, 8 L Toes Step Forward, Drop Heel

SECTION 3: R HEEL GRIND, L STEP TOGETHER, R POINT TO SIDE, CLOSE; L HEEL GRIND, R STEP TOGETHER, L POINT TO SIDE, CLOSE

1, 2 R Heel Grind, L Step Together

3, 4 R Point to Side, R Step Next to L with Weight

5, 6 L Heel Grind, R Step Together

7, 8 L Point to Side, L Step Next to R with Weight

Note: If you struggle with Heel Grinds, simply Step to Side, Step Together, Point, Close

SECTION 4: MODIFIED K STEP

1, 2 R Step Diagonally Forward, L Touch,

3, 4 L Step Diagonally Back, R Touch

5, 6 R Step Diagonally Back, L Touch

7, 8 L Step Diagonally Forward, R Cross-Hitch

*****Note...Dancers, this dance is # 23 in my AB Series (#59 overall). Please feel free to check out the others.**

In this dance we do a Rocking Toe Strut, and we get more practice with a Heel Grind. This cute little dance also encourages balance, and it does not take up much space so it fits right into today's Social Distancing...use it on its own...or as a floor split.

As always, so very grateful for your support, do be well and safe, always. God bless.

Contact: jcummings246@aol.com

Anything Cold with Alcohol

COPPER KNOB
STEPPED

Count: 32

Wall: 4

Level: Beginner

Choreographer: Jonno Liberman (USA) - April 2022

Music: Anything Cold - Thomas Rhett



[1-8] Modified K-step with Hand Claps (12:00)

- 1, 2 Step R to front right diagonal, Touch L next to R
- 3, 4 Step L to left, Touch R next to L
- 5, 6 Step R to back right diagonal, Touch L next to R
- 7, 8 Step L to left, Touch R next to L

Add Hand Claps on 2&, 4, 6&, 8.

[9-16] Vine Right, Heel/Toe Swivels Left (12:00)

- 1, 2 Step R to right, Cross L behind R
- 3, 4 Step R to right, Step L next to R
- 5, 6 Swivel both heels left, Swivel both toes left
- 7, 8 Swivel both heels left, Swivel both toes left

Restart here on the third repetition, facing 6:00.

[17-24] 1/4 Vine Right, 1/2 Pivot *Plus, 1/4 Vine Left (9:00)

Fig. 8

- 1, 2 Step R right, Cross L behind R
- 3, 4 Turn 1/4 right as you step R forward (3:00), Step L forward
- 5, 6 Turn 1/2 right shifting weight to R (9:00), *Turn 1/4 right as you Step L left (12:00)
- 7, 8 Cross R behind L, Turn 1/4 left as you step L forward (9:00)

Easier Option:

[17-24] Vine Right, Side Rock Recover, Cross Back, 1/4 Left (9:00)

- 1, 2 Step R right, Cross L behind R
- 3, 4 Step R right, Cross L over R
- 5, 6 Rock R to right, Recover onto L
- 7, 8 Cross R behind L, Turn 1/4 left as you step L forward (9:00)

[25-32] V-step, R Heel Swivel Out, L Toe Swivel Out, Drag R toward L (9:00)

- 1, 2 Step R to front right diagonal, Step L to front left diagonal
- 3, 4 Step R back to center, Step L back to center
- 5, 6 Swivel R heel out, Swivel R toe out
- 7-8 Drag R toward L

Restart and tag both happen facing the 6:00 wall.

Restart on 3rd repetition after 16 counts.

slow 9:00

Tag at the end of the 7th repetition:

6:00

[1-6] Vine Right, Heel/Toe Swivels left

- 1, 2 Step R to right, Cross L behind R
- 3, 4 Step R to right, Step L next to R
- 5, 6 Swivel both heels left, Swivel both toes left

lev 1 (2)

2.5⁶ 3.6⁶

You Are The Reason Baby

COPPER KNOB
STUDENTS

Count: 16

Wall: 2

Level: Beginner



Choreographer: Alison Johnstone (AUS) - March 2018

Music: You Are the Reason (Duet Version) - Calum Scott & Leona Lewis : (iTunes)

Start: On the lyric HEART (4 counts in) NO TAGS OR RESTARTS

(1-4) WALK, WALK, WALK, (WALKS HAVE SWEEPS), MAMBO,

1, 2, 3 Walk fwd Lft sweep Rt fwd, Walk fwd Rt Sweep Lft fwd, Walk fwd Lft sweep Rt
4&a Rock fwd on Rt, Recover on Lft (&), Step back on Rt (A)

(5-8) BACK, BACK, BACK, (BACK WALKS HAVE SWEEPS), BEHIND, ¼ LEFT, STEP (9.00)

5, 6, 7 Step back on Lft sweep Rt back, Step back on Rt sweep Lft back, Step back on Lft sweep Rt back
8&a Step Rt behind Lft, ¼ Turn over Lft stepping fwd on Lft (&), Step fwd on Rt (9.00)

(9-12) LUNGE, RECOVER, STEP LEFT TOGETHER, BACK, COASTER

1, 2 Lunge fwd on Lft reaching Rt arm fwd, Recover on Rt
a3 Step Left beside Rt (A), Step back on Rt
4&a Step back on Lft, Step Rt together (&), Step fwd on Lft (A)

(13-16) PIVOT ¼ LEFT, TOGETHER, SIDE, COASTER

5, 6 Step fwd on Rt, Pivot ¼ over Lft transferring weight to Lft
a7 Step Rt beside Lft (A), Step Lft to side
8&a Step back on Rt, Step Lft together (&), Step fwd on Rt (A)

Ending: Dance ends at coaster step (4&a), you will be facing 9.00 - Simply turn that last 'a' count to the front

NOTE: This is a great way to get your beginners used to a rolling count dance. I am often asked what the &a refers too and I find this the easiest description. You will hear a Viennese waltz beat 1,2,3 4,5,6. Rolling count works with those same beats however replace with 1&a, 2&a.

Thank you Jan for the music and PLEASE NOTE this dance can also be used with the Calum Scott version as a split floor to any harder dance using that version.

THIS DANCE HAS VERY EASY STEPS AND NO TAGS OR RESTARTS SO RELAX AND ENJOY

Contact: alison@nulinedance.com

Last site update – 23rd March 2018

Love's Running

COPPER KNOB
STADIUM

Count: 48

Wall: 2

Level: Intermediate



Choreographer: Robert Hahn (DE) - June 2014

Music: Love Runs Out - OneRepublic : (3:44)

Note: Start after 32 counts intro, on lead vocals

[1-9] Step Side, Heel Ball Cross, ¼ Turn Left And Shuffle, Step ½ Turn Left, Shuffle Forward

- 1 Step right to right side
- 2&3 Touch left Heel to left diagonal, step left next to right, step right across left
- 4&5 Make a ¼ turn left and step left forward, step right next to left, step left forward
- 6-7 Step right forward, make a ½ turn left and recover weight onto left
- 8&1 Step right forward, step left next to right, step right forward

[10-16&] Rock Step, ¼ Turn Left & Chasse Side, Step Cross, Side, Sailor

- 2-3 Step left forward, recover back onto right
- 4&5 Make a ¼ Turn left and step left to left side, step right next to left, step left to left side
- 6-7 Step right across left, step left to left side
- 8& Step right behind left, step left to left side,

[17-25] Step Side, Cross Rock, ½ Shuffle Turn Left, Walk, Walk, Shuffle Forward

- 1 Step right to right side
- 2-3 Step left forward across right, recover back to right
- 4&5 Make a ¼ turn left and step left to left side, step right next to left, make a ¼ turn left and step left forward
- 6-7 Step right forward, Step left forward
- 8&1 step right forward, step left next to right, step right forward

[26-33] Rock Step, ½ Shuffle Turn Left, Full Turn Forward, Kick Ball Cross

- 2-3 Step left forward, recover back onto right
- 4&5 Make a ¼ turn left and step left to left side, step right next to left, make a ¼ turn left and step left forward
- 6-7 Make a ½ turn left and step right back, make a ½ turn left and step left forward
- 8&1 Kick right forward, step right next to left, step right across left

[34-41] Side Rock, Touch Side & Heel & Touch Back, ½ Turn Right, Shuffle Forward

- 2-3 Step right to right, recover weight onto left
- 4&5 Touch right to right side, step right next to left, touch left heel forward
- &6 Step left next to right, touch right back
- 7 Make a ½ turn right and bring weight forward onto right
- 8&1 Step left forward, step right next to left, step left forward

[42-48] Step ½ Turn Left, ¼ Turn Left And Chasse Side, Touch Back, ½ Turn Left, ¾ Turn Left

- 2-3 Step right forward, make a ½ turn left and recover weight onto left
- 4&5 Make a ¼ turn left and step right to right side, step left next to right, step right to right side
- 6-7 Touch left back, make a ½ turn left and bring weight onto left
- 8 make a ¾ turn left on left (you can do a little sweep with the right, weight is still on left)

... start again

Bridge & Restart

On Wall 6, do first the following 16 Counts (Bridge), then add the steps from counts 17-48!

Tag: Slow Side Mambo Rocks (4x)

1-4 Step right to right side, recover weight onto left, step right next to left, hold
5-8 Step left to left side, recover weight onto right, step left next to right, hold

9-16 Repeat counts 1-8 form the Bridge

Now start the dance from counts 17-48

On Wall 7, dance the first 16 counts of the normal Dance, then hold for 4 counts, then Restart!

You Can Hear A Heart Break



Count: 48 Wand: 4 Ebene: Intermediate

Choreograf/in: Nina Skyrud (NOR) & Cato Larsen (NOR) - April 2021

Musik: You Can Hear A Heart Break - Tony Ramey



Intro: Start the dance at vocal after 16 counts of intro (13 seconds)

[1-8] Side, Together, Shuffle back, Side, Together, Shuffle forward (Modified Rumba Box).

- 1,2 Step right foot to right side (1), Step left foot next to right (2). [12:00]
- 3&4 Step back on right (3), Step left next to right (&), Step back on right (4).
- 5,6 Step left foot to left side (5), Step right foot next to left (6).
- 7&8 Step forward on left (7), Step right next to left (&), Step forward on left (8).

[9-16] Step, 1/2 turn, Shuffle 1/2 turn, Back Rock Step, Triple Full turn.

- 1,2 Step forward on right (1), Turn (swivel) 1/2 turn left (2). [6:00]
- 3&4 Shuffle 1/2 turn left Stepping R,L,R (3&4). [12:00]
- 5,6 Step back on left (5), Rock (recover) weight forward again onto right (6).
- 7 Turn (pivot) 1/2 turn Stepping back on left (7). [6:00]
- 8& Turn (pivot) 1/2 turn Stepping forward on right (&), Step forward on left (8). [12:00]

[17-24] Step, Hold & Snap, Scissor Step, Side, Touch, Point, Sailor 1/4 turn.

- 1,2 Step right slightly diagonally forward right (1), Hold and Snap your fingers (2).
- 3&4 Step left to left side (3), Step right next to left (&), Cross left over right (4).
- 5&6 Step right to right side (5), Touch left toe next to right (&), Point left toe to left side (6).
- 7& Cross left behind right (7), Turn 1/4 turn left Stepping right next to left (&). [9:00]
- 8 Step slightly forward on left (8).

[25-32] Rock Step, Coaster Step, Out-Out, Hold, Ball-Side.

- 1,2 Step forward on right (1), Rock (recover) weight back again onto left (2).
- 3&4 Step back on right (3), Step left next to right (&), Step forward on right (4).
- 5,6 Step left slightly diagonally forward left (5), Step right to right side (6).
- 7&8 Hold (7), Step left next to right (&), Step right to right side (8).

[33-40] Cross Rock, Triple 3/4 turn, 1/4 turn & Cross Shuffle, 1/4 turn & Cross Shuffle.

- 1,2 Step left diagonally forward across of right (1), Rock (recover) weight back again onto right (2). [9:00]
- 3 Pivot 1/4 turn left Stepping forward on left (3). [6:00]
- & Pivot 1/8 turn left Stepping right to right side (&).
- 4 Cross left over right (4). [4:30]
- 5&6 Turn 1/4 turn right Crossing right over left (5), Step left to left side (&), Cross right over left (6). [7:30]
- 7&8 Turn 1/4 turn left Crossing left over right (7), Step right to right side (&), Cross left over right (8). [4:30]

[41-48] Side Rock, Weave, Side, Together, Cross Shuffle.

- 1,2 Squaring off towards 3 o'clock Step right to right side (1), Rock (recover) back again onto left (2). [3:00]
- 3&4 Cross right behind left (3), Step left to left side (&), Cross right across of left (4).
- 5,6 Step left to left side (5), Step right next to left (6).
- 7&8 Cross left over right (7), Step right to right side (&), Cross left over right (8).

3 Su

Ende