

How To Read A Step Sheet

A step sheet is a set of information pertaining to a specific line dance.

- 1. Title:** Name of dance
- 2. Count:** Number of steps in the dance routine. Steps are generally organized in 4 sections of 8 steps.
- 3. Walls:** Number of walls contained in the dancing the routine. Dancer will repeat the 32 count routine throughout the song.
- 4. Level:** The experience classification of the dance.
- 5. Choreographer:** The name of the person who created the dance and the date of creation.
- 6. Music:** The song, artist and length of song. Sometimes the choreographer will add additional songs which compliment the dance.
- 7. BPM:** The beats per minute to a song. This is the tempo of the music.

Slow: 48-60 bpm Medium: 90-140 bpm Medium-Fast: 140 - 180 Fast: 180 - 240
- 8. Intro:** This is the signal to begin the dance. Generally, a dance will start on lyrics, but not always. Sometime it will begin on a specific beat count such as 16, 24 or 32 beats before you begin dancing. It is important to start at the precise time in order to be *on beat*.
- 9. Sections:** A dance is organized in 4 sections of 8 steps (4 x 8 = 32 steps)
- 10. Heading:** Name of the dance steps in the section such as Sailor, Vine, K step, or Rocking Chair. They are generally displayed in CAPITAL letters.
- 11. Step numbers & symbols:** Steps that are numbered with a hyphen (1-2) signals that each step counts as one beat. Steps numbers with an ampersand (1&2) signals the steps are syncopated.
- 12. Instructions:** Breaks down the dance step-by-step; clarifies how to execute each step.
- 13. Ending:** Dance routine has ended. Signal to start the routine over again.
- 14. Notes:** Instructions added by the choreographer to assist the dancer.

1 HAND ME A SHOT

COPPER KNOB



- 2 Count:** 32 **3 Wall:** 4 **4 Level:** Beginner
5 Choreographer: Tony Wilson, 7 th March 2008 Tucson USA
6 Music: The More That I Drink by Blake Shelton, 112 bpm **7**

Intro: Start with Lyrics **8**

ROCKING CHAIR, HEEL TOE SHUFFLE **10**

- | | |
|---------------|--|
| 1-2 | Rock forward on R , recover on L |
| 3-4 11 | 12 Rock back on R, recover on L |
| 5-6 | Touch R heel forward, touch R toe back |
| 7&8 | Shuffle forward RLR |



ROCKING CHAIR, HEEL TOE SHUFFLE

- | | |
|-------|--|
| 9-10 | Rock forward on L , recover on R |
| 11-12 | Rock back on L, recover on R |
| 13-14 | Touch L heel forward, touch L toe back |
| 15&16 | Shuffle forward LRL |

MAKE 1/4 PIVOT TURNS LEFT, JAZZ SQUARE

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|-------|---|
| 17-18 | Step R forward, pivot 1/4 turn left weight on L |
| 19-20 | Step R forward, pivot 1/4 turn left weight on L |
| 21-22 | Cross R over L, step L back |
| 23-24 | Step R to right side, step on L next to R |

SHUFFLE & ROCK, SHUFFLE & ROCK

- | | |
|-------|---|
| 25&26 | Side shuffle to the right RLR |
| 27-28 | Rock back on L recover on R |
| 29&30 | Side shuffle to the left LRL |
| 31-32 | Turning 1/4 right rock back on R recover on L |

Start again **13**

Note: To finish facing the front wall leave out the 1/4 turn on count 31. **14**