

Teen Spirit

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Absolute Beginner

Choreographer: Scarlett Lund (UK) - June 2026

Music: Smells Like Teen Spirit - Nirvana



64 Count Intro (start on Verse)

Restarts Wall 5,12

Section 1: R Vine with Touch, L Vine with Touch. (Rolling Vine L&R for Variation)

- 1,2, Step right to right side (1), step left behind right (2),
- 3,4 Step right to right side (3), touch left beside right (4),
- 5,6, Step left to left side (5), step right behind left (6).
- 7,8 Step left to left side (7), touch right beside left (8).

Section 2: Walk R, Walk L, Walk R, Kick L, Walk BL, Walk BR, Walk BL, Touch R.

- 1,2 Walk right (1), walk left (2),
- 3,4 Walk right (1), kick left forward (4),
- 5,6 Walk back left (5), walk back right (6),
- 7,8 Walk back left (5), touch right next to left (8).

Restarts Walls 5 and 12 (Beginning of the Verse)

Section 3: 1/8 Turn Paddles (1/2 Turn in Total) L, R.

- 1,2 Step Forward on right (1) pivot 1/8 left (2),
- 3&4 Step Forward on right (3) pivot 1/8 left (4),
- 5&6& Step Forward on left (5) pivot 1/8 left (6),
- 7&8 Step Forward on left (7) pivot 1/8 left (8).

Section 4: R Rocking Chair, V Step.

- 1,2 Rock right foot forward (1), recover left (2),
- 3,4 Rock back right (3), recover left (4),
- 5,6 Step right to right diagonal (5), step left to left diagonal (6),
- 7,8 Step right back into place (7), step left back into place (8).

Finish: Wall 17 Dance 16 counts and Stomp to finish facing 12:00

Submitted by Alex Wise (alexwise999@hotmail.com)