

# A Dose of You

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner Rumba

Choreographer: John Dembiec (USA) - March 2025

Music: dose - Teddy Swims



---

**32 intro, start on vocals - No Tags/Restarts**

**[1-8] RUMBA BOX FORWARD, HOLD (X2)**

1-4 Step R to R, Step L next to R, Step R forward, HOLD  
5-8 Step L to L, Step R next to L, Step L forward, HOLD

**[9-16] FORWARD & SIDE ROCKS, WEAVE, HOLD**

1-4 Rock R forward, Replace L, Rock R to R, Replace L  
5-8 Step R behind L, Step L to L, Step R over L, HOLD

**[17-24] FORWARD & SIDE ROCKS, WEAVE, HOLD**

1-4 Rock L forward, Replace R, Rock L to L, Replace R  
5-8 Step L behind R. Step R to R, Step L over R, HOLD

**[25-32] RUMBA BOX BACK, TOUCH. ¼ TURN RUMBA BOX FORWARD, TOUCH**

1-4 Step R to R, Step L next to R, Step R back, Touch L next to R  
5-8 Step L to L, Step R next to L, Make ¼ turn L stepping L forward, Touch R next to L

**ENDING: Replace count 32 with R step forward, finish with ½ pivot to L to face front**

**REPEAT AND HAVE FUN !!!!!**

---