

# World's Delights

**COPPER KNOB**  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Wendy Haggerty (USA) - February 2018

Musik: We Are Family - Sister Sledge



Intro: 64 count

## SIDE TOGETHER SIDE TOUCH, KNEE SWIVELS

- 1-4 Step right foot to right side, step left beside, step right to right side, touch left beside right  
5-8 Swivel left knee, out in out in

## SIDE TOGETHER SIDE TOUCH, KNEE SWIVELS

- 1-4 Step left foot to left side, step right beside, step left to left side, touch right beside left  
5-8 Swivel right knee, out in out in

## RIGHT ARM UP DIAGONAL, LEFT ARM UP DIAGONAL, RIGHT ARM TO LEFT HIP, LEFT ARM TO RIGHT HIP, HIP BUMPS

- 1 Reach right arm up to right diagonal  
2 Reach left arm up to left diagonal  
3 Put right hand on left hip  
4 Put left hand on right hip  
5-8 Wiggle hips right, left, right, left

## HEEL WALKS ¼ TURN LEFT

- 1, 2 Touch right heel forward and place toes down  
3, 4 Touch left heel forward and place toes down  
5,6 Touch right heel forward and place toes down  
7,8 Touch left heel forward and place toes down

(use a bit of funk in your walk. Walk moves to a full ¼ turn with each step)

**NOTE:** this dance was choreographed in support of people with Parkinson's Disease. It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.  
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Enjoy and spice it up!

Contact choreographer: [Whaggerty2016@gmail.com](mailto:Whaggerty2016@gmail.com)/[www.ZestYogaAndFitness.com](http://www.ZestYogaAndFitness.com)