

Tech Remedy

COPPER **KNOB**
BY STEPHEN HETS

Count: 0

Wand: 4

Ebene: Advanced

Choreograf/in: Barry Watson (UK)

Musik: Everybody Get Up - Five



Sequence: A B A C C B C A B C C C A A

PART A

STEP RIGHT, STEP LEFT, SYNCOPATED ROCK STEP, HAND & TOE POINTS

- 1-2 Step right foot forward. Step left foot forward.
3 Rock onto right foot flicking left foot up behind right.
&4 Step back on left foot. Step forward on right foot.
5-6 Step left foot forward pointing arms forward. Touch right foot behind left pointing arms left.
7-8 Step right foot forward pointing arms forward. Touch left foot behind right pointing arms right.

HIP BUMPS WITH FIST PUMPS, BODY SHIVER, COASTER STEP, STEP RIGHT, KNEE BENDS, KICK LEFT.

- 9 & 10 Bump hips left, right, left (while pumping fists left, right, left) turning $\frac{1}{4}$ turn left.
11-12 Body shiver down for 2 counts.
13&14 Step left foot back. Step right foot beside left. Step left foot forward.
15&16 Step right foot $\frac{1}{4}$ turn left (feet shoulder width apart). Bend knees outwards. Bend knees inwards.
& Turn $\frac{1}{4}$ turn left while kicking left foot forward.

17-32& Repeat counts 1-16& on opposite feet (moves are mirror imaged)

PART B

RIGHT SHUFFLE, SYNCOPATED ROCK STEP, BASKETBALL PIVOTS

- 1&2 Step right foot forward. Step left foot beside right. Step right foot forward.
3 Rock onto left foot flicking right foot up behind left.
&4 Step back on right foot. Step forward on left foot.
5&6 Cross rock right foot over left. Rock weight back to left. Rock right foot out to right side
&7 Rock weight back to left foot. Cross rock right foot over left.
&8 Rock weight back to left foot. Cross rock right foot over left.

BASKETBALL TURN, JAZZ BOX, SIDE TOUCHES, RIGHT KNEE HITCH, SYNCOPATED ROCK STEP.

- &9 Rock weight back to left foot. Rock right foot out to right side.
&10 Rock weight back to left foot. Rock right foot across left turning $\frac{1}{2}$ turn left.
& Rock weight back to left foot.
11&12 Cross right foot over left. Step left foot back. Step right foot beside left.
13&14 Touch left toes to left side. Step left foot beside right. Touch right toes to right side.
&15 Hitch right knee over left leg. Touch right foot to right side.
16& Rock right foot slightly over left foot. Rock weight back to left foot.

STEP RIGHT, LEFT COASTER STEP, SYNCOPATED TURN, STEP RIGHT, $\frac{1}{4}$ PIVOT TURN, TOE SPLITS

- 17 Step back onto right foot.
18&19 Step left foot back. Step right foot next to left foot. Step left foot forward.
20& Step right foot $\frac{1}{4}$ turn right. Step left foot beside right taking the weight.
21& Step right foot back into $\frac{1}{4}$ turn left. Step left foot beside right taking the weight.
22-23 Step right foot forward. Pivot $\frac{1}{4}$ turn left weight spread evenly over both feet.
24 Twist right heel to the right while twisting left toes to the right.

APPLEJACKS, TURNING COASTER STEP, SIDE ROCK, RIGHT CROSS, UNWIND $\frac{3}{4}$, TOUCH RIGHT
& Twist right toes to right while twisting left heel to right
25 Twist right heel to the right while twisting left toes to the right. (weight on left foot)
26&27 Step right foot back into $\frac{1}{4}$ turn right. Step left foot beside right. Step right foot forward.
28&29 Rock left foot out to left side. Rock weight back to right foot. Step left foot forward.
30-31 Cross right foot over left. Unwind $\frac{3}{4}$ turn left.
32 Touch right toes behind left foot pointing to the bottom left diagonal.

PART C

RIGHT CHASSE, LEFT SAILOR STEP, SYNCOPATED SIDE WALK, TURNING LEFT SHUFFLE.
1&2 Step right foot to right side. Step left foot beside right. Step right foot to right side.
3&4 Step left foot behind right foot. Step right foot to right side. Step left foot to left side.
5&6 Step right foot behind left. Step left foot to left side. Cross step right foot over left.
7&8 Step left foot into a $\frac{1}{4}$ turn left. Step right foot beside left. Step left foot forward
