

# LA Ex

**COPPERKNOB**  
BY STEPHEN METZ

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Maggie Gallagher (UK)

Musik: Sweet Dreams My la Ex - Rachel Stevens



**1-8 HITCH,  
SIDE,  
TOGETHER,  
HITCH, SIDE,  
CROSS,  
UNWIND  $\frac{3}{4}$ ,  
LEFT WIZARD,  
TOUCH  
FORWARD**

1&2 Hitch right  
to left, Step right  
side right (&),  
Step left  
together  
3&4 Hitch right  
to left, Step right  
side right (&),  
Cross left over  
right  
5 Unwind  $\frac{3}{4}$   
right  
(Transferring  
weight onto  
right)  
6-7&8 Step left  
forward, Lock  
right behind,  
Step left forward  
(&), Touch right  
in front of left

**9-16 SWIVEL  $\frac{1}{4}$   
LEFT, SWIVEL  
 $\frac{1}{4}$  RIGHT, TOE  
PRESS, KICK,  
WALKS BACK,  
SIDE TOUCH,  
HOLD**

1-2 Swivel both  
heels to the  
right turning  $\frac{1}{4}$   
left, Swivel both  
heels to the left  
turning  $\frac{1}{4}$  right  
(Weight left)  
3-4 Press right  
toe forward,  
Recover onto  
left kicking right  
forward

5-6 Walk back  
right, back left  
&7-8 Step back  
right next to left  
(&), Touch left  
to left side, Hold

**17-24**

**TOGETHER,  
SIDE ROCK,  
MONTEREY ½  
TURN, SIDE  
TOUCH, HOLD,  
VAUDERVILLE,  
VAUDERVILLE  
¼ TURN RIGHT**

&1-2 Step left  
together (&),  
Side right rock,  
Recover  
&3-4 Step right  
together turning  
½ right (&),  
Touch left side  
left, Hold  
5&6& Cross left  
over right, Step  
back right (&),  
Left heel to left  
diagonal, Step  
left together (&)  
7&8 Cross right  
over left, Step  
back left turning  
¼ right (&),  
Right heel to  
right diagonal

**25-32**

**TOGETHER,  
CROSS, STEP  
SIDE, DRAG,  
TOGETHER,  
CROSS, ¼  
TURN RIGHT,  
½ TURN  
RIGHT, LEFT  
SHUFFLE  
FORWARD**

&1-2 Step right  
together (&),  
Cross left over  
right, Big step  
right side right

3&4 Drag left  
towards right,  
Step left  
together (&),  
Cross right over  
left

5-6 Step back  
left turning  $\frac{1}{4}$   
right, Step right  
forward turning  
 $\frac{1}{2}$  right

7&8 Step left  
forward, Step  
right together  
(&), Step left  
forward

**33-40 ROCK  
FORWARD,  
TOGETHER,  
SIDE ROCK,  
TOGETHER,  
SIDE ROCK,  
COASTER  
STEP  $\frac{1}{4}$   
RIGHT**

1-2& Rock right  
forward,  
Recover, Step  
right together  
(&)

3-4& Side left  
rock, Recover,  
Step left  
together (&)

5-6 Side right  
rock, Recover

7&8 Step back  
right turning  $\frac{1}{4}$   
right, Step left  
together (&),  
Step right  
forward

**41-48 STEP,  $\frac{3}{4}$   
PIVOT,  
CHASSE,  
RIGHT SAILOR  
STEP, LEFT  
SAILOR STEP**

1-2 Step left  
forward,  $\frac{3}{4}$  turn  
right  
(Transferring  
weight onto  
right)

3&4 Side left to  
left side,  
Together right  
(&), Side left to  
left side  
5&6 Step right  
behind left, Step  
side left (&),  
Step side right  
7&8 Step left  
behind right,  
Step side right  
(&), Step side  
left

**49-56 LOW  
KICKS x 2,  
STEP BACK,  
TOUCH  
FORWARD,  
HOLD, STEP  
FORWARD,  
TOUCH  
TOGETHER,  
HOLD, STEP  
FORWARD,  
TOUCH  
FORWARD,  
HOLD**

1-2 Low right  
kick forward x 2  
&3-4 Step back  
right (&), Touch  
left forward in  
front of right  
(Right shoulder  
back/Looking  
back), Hold  
&5-6 Step down  
on left (&),  
Touch right  
together, Hold  
&7-8 Step right  
forward (&),  
Touch left  
forward, Hold

**56-64  
TOGETHER,  
ROCK  
FORWARD,  
FULL TURN  
RIGHT, OUT-  
OUT,HOLD,  
BUMP HIPS  
LEFT x 2**

&1-2 Step down  
on left (&), Rock  
right forward,  
Recover

3-4 ½ turn right  
stepping right  
forward, ½ turn  
right stepping  
left back  
&5-6 Step side  
right (&), Step  
side left, Hold  
7-8 Bump hips  
left x2 (Keeping  
weight on left  
foot)

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