

# Heat, Sweat & Anxiety

**COPPER** KNOB  
BY STEPHENETS

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Barbara Jagusch (USA)

Musik: He's Your Problem Now - Ruby Lovett



This dance is dedicated to my Dad, who inspired me through his recent illness to never under estimate the power of prayer and to all the dancers & fellow instructors that saw us through this rough time. -- BJ

## WALK 2 - HEEL SWITCHES - WALK 2 - SHUFFLE

- 1-2 Walk forward right, left
- 3& Touch right heel forward, step right besides left
- 4& Touch left heel forward, step left besides right
- 5-6 Walk forward right, left
- 7&8 Shuffle forward right, left right

## STEP/HOLD - CROSS/HOLD - ROCK STEP - BEHIND & CROSS

- 1-2 Step left to left side, hold
- 3-4 Cross step right over left, hold
- 5-6 Rock left to left side, recover weight to right foot
- 7&8 Step left behind right, step right to right side, cross left over right

## ROCK STEP - CROSSING SHUFFLE - ¾ TOE/HEEL TURN

- 1-2 Rock right to right side, recover weight to left foot
- 3&4 Crossing shuffle right, left, right
- 5-6 Making ¼ turn right step back on left toe, drop left heel
- 7-8 Making ½ turn right step forward on right toe, drop right heel

## HIP BUMPS - 2 COUNT VINE - MONTEREY TURN

- 1&2 Step slightly forward on left bumping hips left, right, left
- 3-4 Cross right behind left, step left to left side
- 5-6 Touch right toe to right side, turn ½ turn right
- 7-8 Touch left toe to left side, step left next to right

**REPEAT**

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