

# Freeze Frame

**COPPER KNOB**  
BY STEPHEN METZ

Count: 0

Wand: 1

Ebene: Intermediate

Choreograf/in: Michele Burton (USA) & Michael Barr (USA)

Musik: Freeze-Frame - The J. Geils Band



Sequence: AAB, ABC, AB, AA

## PART A

### SYNCOPATED FORWARD ROCK STEPS WITH ½ PIVOT WALK WALK

- 1&2& Step right forward, rock left side left, step right center, step left forward  
3&4& Rock right side right, step left center, step right forward, step left forward  
5-6-7-8 Step right forward, pivot ½ left, weight left, walk right forward, walk left forward

### REPEAT 1-8, SYNCOPATED FORWARD ROCK STEPS WITH ½ PIVOT WALK WALK

- 1&2& Step right forward, rock left side left, step right center, step left forward  
3&4& Rock right side right, step left center, step right forward, step left forward  
5-6-7-8 Step right forward, pivot ½ left, weight left, walk right forward, walk left forward

### TOUCH 4 X, CROSS BACK, SYNCOPATED VINE LEFT

- 1-4 Touch right forward, touch right back, touch right forward, touch right back  
Touch forward to the left diagonal and touch back to the right diagonal  
5-6 Cross right over left, step back on left  
&7&8& Step right back/side right, step left in front of right, step right side right, step left behind right, step right side right

### TOUCH 4 X, CROSS BACK, SYNCOPATED VINE RIGHT

- 1-4 Touch left forward, touch left back, touch left forward, touch left back  
Touch forward to the right diagonal and touch back to the left diagonal  
5-6 Cross left over right, step back on right  
&7&8& Step left back/side left, step right in front of left, step left side left, step right behind left, step left side left

### CROSS UNWIND, ¾ TURN, MAMBO LEFT, KICK, BALL, CHANGE

- 1-4 Cross right over left, unwind left for a ¾ turn, lift & replace the heels 3 times as you turn (weight on right)  
5&6 Step left side left, step right in place, step left next to right  
7-8 Kick right forward, step on ball of right, step left slightly forward

### STEP ½ TURN, COASTER, STEP ¾ TURN, COASTER

- 1-2-3&4 Step right forward, turn ½ right stepping back on left, step right back, step left next to right, step right forward  
5-6-7&8 Turn ¼ left onto left, turn ½ left stepping back on right, step left back, step right next to left, step left forward

## PART B

### FREEZE FRAME: STEP, HOLD, ½ PIVOT HOLD, REPEAT, JAZZ BOX

- 1-8 Step right forward, hold (snap a picture), pivot ½ left onto left, hold (snap a picture) repeat counts 1-4  
9-12 Cross right in front of left, step left back, step right center, step left slightly forward

## PART C

### HEELS & HEEL & CROSS SIDE BEHIND ¼ TURN LEFT, REPEAT 3 MORE TIMES

- 1&2& Touch right heel forward, step right center, touch left heel forward, step left slightly back

