

# Life Can Change

**COPPER** **KNOB**  
BY STEPHEN

Count: 32

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Alan Haywood (UK) - July 2009

Musik: No Worries - Simon Webbe : (Album: Sanctuary)



**Intro: 21 seconds – straight after rapid drum beat when he sings the word ‘So’**

## Alternative tracks:

I'm From The Country (dance mix) by Tracy Bird – 129bpm

Party Crowd by David Lee Murphy – 127bpm

Wine Women and Song by Patty Loveless – 126bpm

## Section 1

**R side, L behind & L cross shuffle, R side rock, recover L, R behind, L ¼ L, R forward**

1-2 Step right to right side, cross step left behind right

&3&4 Step right to right side, cross step left over right, step right to right side, cross step left over right

5-6 Rock right to right side, recover weight onto left

7&8 Cross step right behind left, step left ¼ left, step forward onto right (9 o'clock)

## Section 2

**Rock forward L, recover R, triple ¾ L, R forward, ½ R, R coaster**

1-2 Rock forward onto left, recover weight back onto right,

3&4 Triple ¾ left on the spot stepping left right left (12 o'clock)

5-6 Step forward onto right (prep for turn), make a ½ turn right stepping left back (6 o'clock)

7&8 Step back onto right, step left next to right, step right forward

## Section 3

**L over, R side, L behind & L heel dig & R over, L side, ¼ R coaster**

1-2 Cross step left over right, step right to right side

3&4 Cross step left behind right, step right to right side, dig left heel diagonally left forward

&5-6 Step left next to right, cross step right over left, step left to left side

7&8 Making a ¼ turn right step right back, step left next to right, step right forward (9 o'clock)

## Section 4

**Rock forward L, recover R, triple ½ L, R forward, ½ L, walk forward R L**

1-2 Rock forward onto left, recover weight back onto right

3&4 Triple ½ turn left stepping left right left (3 o'clock)

5-6 Step forward onto right, pivot ½ turn left (9 o'clock)

7-8 Walk forward right, walk forward left

**REPEAT AND ENJOY!!**

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