

# Flip It

**COPPER** KNOB  
BY STEPHEN METS

**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** Alison Metelnick (UK) & Peter Metelnick (UK) - June 2022

**Music:** She Had Me At Heads Carolina - Cole Swindell



**Start after 16 count intro on verse vocals – approx. 12 secs – 135bpm – 3mins 26secs**

**Music Available: Amazon**

**[1-8] R fwd diagonal: step R to R diagonal, lock step L behind R, step R forward, brush L fwd, L fwd diagonal: step L to L diagonal, lock step R behind L, step L forward, brush R fwd**

1-4 On right diagonal step R forward, lock L behind R, step R forward, brush L fwd

5-8 On left diagonal step L forward, lock R behind L, step L forward, brush R fwd

**[9-16] R fwd rock/recover, R strut back, walk back L, R, L, touch R next to L**

1-2 Squaring up to wall: rock R forward, recover weight on L

3-4 Touch R toes back, step R heel down

5-8 Step L back, step R back, step L back, touch R next to L

**[17-24] Grapevine R with back flick, grapevine L with ¼ L, R hitch**

1-4 Step R side, cross step L behind R, step R side, flick L behind R

5-8 Step L side, cross step R behind L, turning ¼ left step L forward, hitch R knee up (9 o'clock)

**[25-32] Walk back R, L, R, L, R rock back/recover, stomp R forward, stomp L together**

1-4 Step R back, step L back, step R back, step L back

5-8 Rock R back, recover weight on L, stomp R forward, stomp L together

**Contact: [alison.biggs1@btinternet.com](mailto:alison.biggs1@btinternet.com) Find us on Facebook: TheDanceFactoryUK**