

# Glow Up

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

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Kristin Clove (USA) - May 2024

**Music:** Be About It - Cut



## S1-1st 8 Count

1-2 RF bounce side R, Bring RF together LF  
3&4 Rock RF Back, recover inter LF, Scuff RF forward  
5-6 walk RF walk LF  
7&8 RF kick Ball LF slide L

## S2- 2nd 8 Count

1-2 RF cross behind LF rock back, recover onto LF  
3-4 step RF side R, 1/2 turn over L shoulder step LF  
5-6 Cross tap RF over LF (lean back), tap RF side R  
7&8 sailor 1/2 turn over R shoulder RF behind LF step side LF step side RF

**Restart wall 4 (step onto LF on & bouncing out RF on 1)**

## S3- 3rd 8 Count

1-2 step LF forward step RF forward  
3-4 step back LF step back RF  
5&6 LF pony step back 2xs  
7&8 RF coaster back, together LF, step forward RF

## S4-4th 8 Count

1-2 step forward LF step forward RF  
3 LF paddle once 1/4 turn over R  
4 LF (keep moving) step onto LF 1/4 turn to back wall  
5&6 sailor RF cross back behind LF, step Rf side R, LF side L  
7&8 3 /4 turn sailor LF cross back behind RF step RF side R, LF step forward

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