

# Highs & Lows AB

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

**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** Marianna Timmons (USA) - November 2024

**Music:** Highs & Lows - Matt Cooper



**Music option: Feel free to try this dance to other music.**

**#16 count intro. Start a hair before the lyrics. Weight is on your left foot.  
No Tags. No Restarts.**

**[1-8] Kick, out, out, in (L&R) (easier option: kick, stomp, stomp, stomp)**

- 1-2 Kick right forward, step right to right side
- 3-4 Step left out to left side, step right in
- 5-6 Kick left forward, step left to left side
- 7-8 Step right out to right side, step left in

**[9-16] Toe struts forward**

- 1-2 Touch right toe forward, step on right foot
- 3-4 Touch left toe forward, step on left foot
- 5-6 Touch right toe forward, step on right foot
- 7-8 Touch left toe forward, step on left foot

**[17-24] Basics (Side, together, side, touch) right and left (with ¼ turn left)**

- 1-2 Step right to right side, step left beside right
- 3-4 Step right to right side, touch left beside right
- 5-6 Step left to left side, step right beside left
- 7-8 Step left forward turning ¼ to left, scuff right forward 9:00

**[25-32] Stomp, swivels right and left**

- 1-2 Stomp right to right forward diagonal, swivel left heel toward right foot
- 3-4 Swivel left toe toward right foot, swivel left heel toward right foot
- 5-6 Stomp left to left forward diagonal, swivel right heel toward left foot
- 7-8 Swivel right toe toward left foot, swivel right heel toward left foot

**Begin again.**

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