

# Easy Does It

**COPPER** KNOB  
BY STEPHEN METZ

**Count:** 16

**Wall:** 4

**Level:** Beginner

**Choreographer:** Cato Larsen (NOR)

**Music:** The Anthem - NG3



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## WALK FORWARD, MAMBO ROCK, POINT, ¼ TURN, HEAD TURN, TOGETHER, SIDE

- 1-2 Step forward on right, step forward on left
- 3&4 Step forward on right, rock (recover) back onto left, step back on right
- 5-6 Point left toe back, pivot body (not the head) ¼ turn left
- 7&8 Turn head ¼ turn left, step right beside of left, step left to left side

## BACK, TAP, FORWARD, OUT, PUNCH ARMS FORWARD, PELVIC THRUSTS

- 1-2 Step back on right, tap left toe to floor in front
- Arms: punch left arm straight forward, sweep right arm over your head as if you are combing your hair with your fingers**
- 3-4 Step forward on left, step right slightly to right side
  - 5-6 Reach forward with left arm, reach forward with right arm (as if you were grabbing the hips to the person in front of you)
  - 7-8 Push hips forward & back twice

**REPEAT**

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