

Healing

COPPER **NOB**
BY STEPHEN B. B. B.

Count: 32

Wall: 4

Level: Improver

Choreographer: Michael Thompson (USA) - December 2010

Music: Sexual Healing - Marvin Gaye



Start: 16 counts into music after the beat kicks in (start right after the "WOOO")

STEP FORWARD, SWEEP ¼ LEFT, CROSSING TRIPLE, SWAY 4X

1-2-3&4 Step left foot forward, sweep the right foot while turning ¼ left, cross the right foot over left, step left foot to left, cross the right foot over left

5-8 Step left to side and sway hips left, right, left, right

SAILOR LEFT AND RIGHT, POINT FORWARD 2X, TOUCH SIDE, ¼ TURN LEFT

1&2-3&4 Step left foot behind right, step right foot to right, recover back to left, step right foot behind left, step left foot to left, recover back to right

5&6&7-8 Touch left toe forward, step left foot next to right, touch right toe forward, step right foot next to left, touch left toe to left, turn ¼ left, keeping weight back on right

TRIPLE FORWARD, KICK, STEP BACK, BUMP FORWARD, BACK, FORWARD, BACK

1&2-3-4 Step left foot forward, step right foot behind left, step left foot forward, kick right foot forward, step back on right foot

5-8 Bump hips forward, back, forward, back

STEP, 3 MILITARY TURNS, STEP

1 Step left foot forward

2-7 Step right foot forward, turn ¼ left (repeat 3x)

8 Step right foot forward

REPEAT

Contact: Michael Thompson (dancemic1@yahoo.com or 770-365-9831)
