

Tryin To Forget

COPPER **NOB**
BY STEPHEN METZ

Count: 32

Wall: 4

Level: Improver

Choreographer: David Sinfield (UK) - February 2013

Music: Baby It's Over - Helena Paparizou : (iTunes)



Start Dance On Lyrics

SIDE, BEHIND, TOUCH BALL CROSS, SIDE ROCK, BEHIND SIDE CROSS

- 1-2 Step right to right, cross left behind right
3&4 Touch right forward, step down on the ball of right, cross left over right
5-6 Rock right to right, replace weight onto left
7&8 Cross right behind left, step left to left, cross right over left

SIDE ROCK, SAILOR ¼ TURN LEFT, ROCK STEP, SHUFFLE ½ TURN RIGHT

- 1-2 Rock left to left, replace weight onto right
3&4 Cross left behind right, step right to right, step left into ¼ turn left
5-6 Rock forward on right, replace weight onto left
7&8 Shuffle ½ turn right stepping right-left-right

ROCK FORWARD, COASTER STEP, SYNCOPATED VINE RIGHT, POINT

- 1-2 Rock forward on left, replace weight onto right
3&4 Step back left, step right beside left, step forward left
5-6 Step right to right, cross left behind right
&7-8 Step right to right, cross left over right, point right to right

CROSS POINT, CROSS POINT, CROSS UNWIND ½ TURN, KICK BALL CHANGE

- 1-2 Cross right over left, point left to left
3-4 Cross left over right, point right to right
5-6 Cross right over left, unwind ½ turn left(keeping weight onto left)
7&8 Kick right forward, step right down, step left in place with right
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