

# Get UR Body

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BY SHEETS

Compte: 192

Mur: 1

Niveau: Phrased Intermediate / Advanced



Chorégraphe: Andrico Yusran (INA) - January 2020

Musique: Take Me Home (feat. Nevve) - Aero Chord

Phrased : A ( 64 ) , B ( 48 ) , C ( 64 ) , D ( 16 )

Sequences : A , B , A , C , A , D

Start on Lyrics after 16 counts♥

**\*Section A\* - 64 counts**

**A1# V STEP SYNCOPATED - SIDE KICK - HITCH - CLOSE - KNEE POP - SIDE KICK - CROSS BEHIND - SIDE - CROSS**

- 1&2& Step R forward diagonal with Heel & hand up , L forward diagonal with Heel & hand up , R back to centre with hand close beside hip , L close beside R with hand close beside hip
- 3&4 R side kick heel , R knee Up , R close beside L
- 5&6 Both Knee move L - R and follow the shoulders , L side kick heel
- 7&8 L cross behind R , R side , L cross over R ( diagonal 1.30 )

**A2# HIPS POP - BACK DIAGONAL ( HITCH ) - CROSSS BEHIND - SIDE - CROSS - HITCH 1/2 TURN**

- 1&2&3& Doing hips out in out in out in with hand both open ( diagonal )
- 4 L back diagonal with R knee up
- 5&6 R cross behind L , L to side , R cross over L ( weight On L )
- 7&8 R knee up 1/4 turn to R with bit jump , R , R knee up 1/4 turn to R with bit jump , R side

**A3# CROSS - SIDE - CROSS - SIDE - CROSS - BACK UNWIND 3/4 TURN - CROSS - SIDE - CROSS**

- 1&2& R cross over L with R shoulder Up , L shoulder up , L side with R shoulder up , L shouder Up
- 3&4 R cross over L with R shoulder Up , L shoulder up , L side with R shoulder up ( 3.00 )
- 5-6 L cross behind R , Making 3/4 Turn to R ( 12.00 )
- 7&8 R cross behind L , L side , R cross over L

**A4# UNWIND FULL TURN SLOW - SYNCOPATED STEP**

- 1-4 Making full turn to L to slow ( 12.00 )
- 5&6 R to side , L in place , R cross over L
- &7&8 L side, R in place , L cross over R , R side touch with L bent knee

**A5# CLOSE SLIGHTLY - BACK - BACK - SWIVEL - HITCH - SIDE**

- 1-4 R close touch slightly beside L ( head up )
- 5-6 R - L back
- &-7 R-L both heel out - in
- &-8 R knee up , R drop side

**A6# SWIVEL ( R-L ) - HITCH - DROP - HITCH - BALL CROSS - SNAP - FULL TURN - JUMP OUT - IN**

- 1&2& R heel up out , R heel drop in place , L heel up out , L heel drop in place
- 3&4 R knee up , R drop to side , L knee up
- &-5-6 L close beside R , R cross over L , snap fingers
- 7&8 Making ful turn to L ( 12 .00 ) , R-L both jump out , R-L both jump close to centre

**A7# SIDE - HITCH - SIDE - HITCH ( WITH RIGHT HAND UP POPS )**

- 1-4 L side , R knee up , R drop side , L knee up
- 5-8 L side , R knee up , R drop side , L knee up

**A8# CLOSE - CROSS SAMBA SYNCOPATED - SIDE TOUCH - CLOSE - SIDE TOUCH - CROSS BEHIND -**

## **SIDE - FORWARD**

&-1 L close beside R , R cross over L  
&2&3 L to side , R cross over L , L side , R cross over L  
&-4 L side , R cross over L  
5&6 L to side touch , L close beside R , L side touch  
7&8 L cross behind R , R side , L forward

### **\*Section B\* - 48 counts**

#### **B1# PUSH FORWARD DIAGONAL - CLOSE - PUSH FORWARD DIAGONAL - CLOSE - PUSH FORWARD DIAGONAL - CLOSE - PUSH FORWARD DIAGONAL - SYNCOPATED STEP**

1&2& R push forward diagonal , R close beside L , R push forward diagonal , R close beside L  
3&4 L push forward diagonal , L close beside R , L push forward diagonal  
5&6& R cross over L , L back , R side , L cross over R  
7&8 R side , L in place , R cross over L

#### **B2# SIDE DRAG - COASTER STEP - PIVOT 1/4 - SIDE MAMBO FORWARD ( SYNCOPATED ) - KICK SWING 3/4 TURN - DROP - CLOSE**

1-2&3 R slightly to side , R back , L close beside R , R forward  
&4&5 L forward 1/4 turn to R , R in place ,L cross over R , R side  
&-6 L in place , R push forward ( weight on L )  
7&8. R kick swing 3/4 turn to R , R drop , L close beside R ( 12.00 )

#### **B3# SIDE TOUCH - CLOSE - SIDE DRAG - CROSS BACK DIAGONAL - BACK - BACK ( HITCH ) - DROP - HITCH - DROP - 1/4 TURN - PIVOT 1/2 - CLOSE**

1&2 R side touch , R close beside L , R slightly to side  
3&4. L back diagonal , R back , L back diagonal with R knee up  
5&6. R drop diagonal , L close beside R with R knee up , R drop diagonal  
7&8 L 1/4 turn to L ( 6.00 ) , R forward 1/2 turn to L , L drop beside R ( with both claps up )

#### **B4# STOMP DIAGONAL - SWIVEL - CLOSE ( R - L )**

1-2&3 R stomp forward diagonal - R heel up out - in - out  
4 R close beside L  
5-6&7 L stomp forward diagonal - L heel up out - in - out  
8 L close beside R

#### **B5# BACK SWEEP R - L - R - HIPS POP**

1-4 R back sweep , R back in place , L back sweep , L back in place  
5-6 R back sweep , R back in place  
7&8 Making Hips back - forward - back ( weight on R )

#### **B6# BALL FORWARD - WALK - HOLD - WALK - UNWIND FULL TURN SLOW**

&-1-2 L close beside , R forward , HOLD  
3-4 L forward , HOLD  
5-8 R cross over L - Making full turn to L ( 12.00 )

### **\*Section C\* - 64 counts**

#### **C1# BACK FLICK - SIDE - BACK FLICK - SIDE ( R - L )**

&1&2 R heel up cross behind L , R side , L heel up cross behind R , L side  
&3&4 R heel up cross behind L , R side , R heel up cross behind L , R side  
&5&6 L heel up cross behind R , L side , R heel up cross behind L , R side  
&7&8 L heel up cross behind R , L side , L heel up cross behind R , L side

#### **C2# CROSS SAMBA SYNCOPATED - SIDE - HOLD - CROSS - HOLD**

1&2& R cross over L , L side , R cross over L , L side  
3&4 R cross over L , L side , R cross over L  
5-8 L side , HOLD , R cross over L , HOLD

**C3# SWEEP FORWARD - SIDE - CROSSS BEHIND - SIDE - 1/4 TURN - RECOVER - BACK ( SWEEP ) - CROSS BEHIND - SIDE - PUSH FORWARD - RECOVER - BACK - BACK ( HITCH )**

1&2& L sweep forward cross over R , R side , L cross behind R , R side  
3&4 L 1/4 turn to R , R recover , L back with R sweep back  
5&6 R cross behind L , L side , R push forward  
7&8 L recover , R back , L back with R knee Up

**C4# COASTER STEP - CROSS SAMBA SYNCOPATED 1/4 - SIDE TOUCH - CLOSE TOUCH - HITCH**

1&2 R back , L close beside R , R forward  
3&4& L cross over R 1/4 to L , R side , L cross over R , R side  
5&6. L cross over R , R side , L cross over R  
7&8 R side touch , R close touch beside L , R knee up

**C5# BACK - 1/2 TURN - PIVOT 1/2 - SAILOR - CROSS - VOLTA 1/2 TURN**

1&2 R back , L 1/2 turn to L , R forward 1/2 turn to L ( 12.00 )  
3&4 L cross behind R , R side , L side  
5 R cross over L  
6&7&8 L 1/4 turn to L , R lock behind L , L forward 1/4 turn to L , R lock behind L , L 1/4 turn to L ( 3.00 )

**C6# SCUFF - HITCH - DROP - KNEE POP - BACK TOUCH - 1/2 TURN - 1/4 TURN**

1&2 R scuff with heel - R knee up - R drop with L bent knee heel up  
3&4. R bent knee heel up , L bent knee heel up , R bent knee heel up ( weight On L )  
5-6 R back touch , making 1/2 turn to R ( weight on R )  
7-8 L forward 1/4 turn to R , R in place

**C7# CROSS - SIDE - CROSS BACK DIAGONAL - KICK BALL SIDE - BODY WAVE - CLOSE - BACK - BALL FORWARD - FORWARD**

1&2 L cross over R , R side , L back diagonal ( 10.30 )  
3&4 R kick diagonal , R back , L side  
5&6 Making body wave , L close beside R , R side  
&-7-8 L close beside , R forward , L forward ( 9.00 )

**C8# FLICK - SIDE - FLICK - SIDE - MAKING CLAP HAND - SLAP HAND - PIVOT 1/2 - 1/4 TURN**

&1&2 R heel up , R side , L heel up , L side  
3&4 Making double clap hand , slap hand both to hips  
5-6 R forward 1/2 turn to L , L in place  
7&8 R forward 1/4 turn to L , L in place , R close touch beside L

**\*Section D\* - 16 counts**

**D1# FORWARD HEEL DIAGONAL - CLOSE - FORWARD HEEL DIAGONAL - CLOSE ( R - L ) - KICK BALL CHANGE**

1&2& R forward heel diagonal , R close beside L , L forward heel diagonal , L close beside R  
3&4& R forward heel diagonal , R close beside L , R forward heel diagonal , R close beside L  
5&6& L forward heel diagonal , L close beside R , R forward heel diagonal , R close beside L  
7&8 L kick forward , L close beside R , R tap in place beside L

**D2# BODY WAVE - JUMP OUT - FLICK - SIDE - FLICK - SIDE - CROSS BEHIND TOUCH - SIDE TOUCH - CLOSE TOUCH - SIDE - CROSS BEHIND TOUCH**

1-2 Making body wave - Jump Out R-L.  
3&4&5 R heel up over L , R side , L heel up over R , L side , R cross touch behind L ( weight on L )  
6&7-8 R side touch , R close touch beside L , R side , L cross touch behind R ( weight on R )

**Enjoy The Dance**

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