

Hele Norge Danser

COPPER KNOB
STEPSHEETS

Compte: 48

Mur: 1

Niveau: Phrased Beginner Fun dance

Chorégraphe: Svanhild Ottosen (NOR) & Mona Akersveen Schützer (NOR) - October 2020

Musique: Hele Norge Danser - Staysman : (Music on Spotify and Tidal)



Seq: - dance - ABB AA A(-16) BB AA

Intro: 16 count

Part A: 32 counts

(1-8) rock to R side, recover L, rock to L side, recover R, rocking chair fwd and back

1-2 Rock RF to R, recover on LF

&3-4 RF together, rock LF to L, recover on RF

&5-8 LF together, Rock RF fwd, weight back on L, Rock RF back, weight back on L

(9-16) Heel grind ¼ turn (3 o'clock), coaster step, Heel grind ¼ turn (12 o'clock), coaster step

1-2 Heel Grind RF ¼ Turn R, step LF to the side

3&4 Step Rf back, Step Lf beside Rf (&), Step Rf fwd

5-6 Heel Grind LF ¼ Turn L, step RF to the side

7&8 Step Rf back, Step Lf beside Rf (&), Step Rf fwd

(17-24) fwd touch, fwd touch, back touch, back touch

1-2 Step fwd diagonal on RF, touch LF beside R

3-4 Step fwd diagonal on LF, touch RF beside L

5-6 Step back diagonal on LF, touch RF beside L

7-8 Step back diagonal on RF, touch LF beside L

(25-32) Pivot ½ turn, pivot ½ turn, jazz box

1-2 Step RF fwd, turn ½, weight on L,

3-4 Step RF fwd, turn ½, weight on L

5-8 Cross RF over LF, step back on LF, step side right on RF, step LF next to RF

Part B: 16 counts

(1-8) Step out out, clap, hold, stomp

1-2 Step RF to the side, Step LF to the side

3&4 Clap Clap Clap

5-6 Hold

7&8 Stomp RF, stomp LF, Stomp RF

(9-16) hold, roll hips, hold, shake your body

1-2 Hold

3&4 Roll hips counter Clockwise

5-6 Hold

7&8 Shake your body (do what you feel)

Dance, Shake your body, and have Fun ☐

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