

# 60 Minute Man

**COPPER** KNOB  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Absolute Beginner



**Chorégraphe:** Kim Nolan (UK) - August 2013

**Musique:** Sixty Minute Man - The Dominoes

**Intro: 48 count - Start on solo lyrics "Look..." - [128 BPM - 2 mins 29secs]**

## **SECTION 1: SIDE, TOGETHER, SIDE, TOUCH & CLAP, x 2**

- 1-4 Step L to left, Step R together, Step L to left, Touch R next to left & clap  
5-8 Step R to right, Step L together, Step R to right, Touch L next to right & clap

## **SECTION 2: ROCK, TOUCH & CLAP, ROCK, TOUCH & CLAP, TOUCH, HITCH, STEP, HOLD (Lift arms above head as you clap on touches)**

- 1-4 Rock L back, Touch R toe to L toe/clap, Rock R fwd, Touch L toe to R heel/clap  
5-6 Touch L back, Hitch L knee next to R knee  
7-8 Step L back, Hold (weight change to left)

## **SECTION 3: KICK BALL CHANGE x 2, SWIVELS**

- 1&2 Kick R foot fwd, Step R ball of foot in place, Step L in place (weight to left)  
3&4 Repeat 1&2  
5-6 (sexy swivel fwd with hands in hair) Step R fwd toes turned out R, twist ball of R centre & step L forward toes turned out to L, twist ball of L to centre simultaneously  
7-8 Repeat 5-6

## **SECTION 4: JAZZ BOX, TURN, HOLD, THRUST (hands in hair) (or Hip Bumps if shy)**

- 1-4 Cross R over left, Step back on Left, Turn ¼ right and Step R fwd, Step L tog  
5-8 Hold, Thrust hips forward 3 times (hands in hair) (option if shy: Hip Bumps R, L, R)

**HAVE FUN ! Love, Kim x**

**Copyright:** Kim Nolan - England, UK 2013

**Contact - Email:** [thekimbodukers@hotmail.co.uk](mailto:thekimbodukers@hotmail.co.uk)