

# Care to Dance

**COPPER** KNOB  
BY STEPHEN HETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Natasha Ind (UK) - August 2016  
音乐: I'm In the Mood for Dancing - The Nolans



## Section 1: Step, together, step, touch x2 (swaying as you go)

- 1-4      Step Right foot to right side, step left foot next to right foot, step right foot to right side, touch left toe next to right foot.
- 5-8      Step left foot to left side, step right foot next to left foot, step left foot to left side, touch right toe next to left foot.

## Section2: Forward touch, Back Touch, Back Mambo, Back Mambo ¼ left.

- 9-12      Step Right foot forward, touch left toe next to right foot, step left foot back, touch right toe next to left foot.
- 13&14      Step Rock the right foot back, Recover weight onto the left foot, step right foot next to left.
- 15&16      Step rock back the left foot, recover weight onto the right foot, step left foot forward making a ¼ turn left.

## Section 3: Rock step Coaster Step, Touches, Behind, Side, Cross

- 17, 18      Rock step forward onto the right foot, recover weight back onto the left foot
- 19&20      Step right foot back, step left foot next to the right foot, step the right foot forward.
- 21, 22      Touch left toe forward, left tot to left side
- 23&24      Step left foot behind right foot, step right foot to right side, step left across right foot.

## Section 4: Side Rock, Behind, Side, Cross, Side Rock, Step, Touch.

- 25, 26,      Rock step right foot to right side, recover weight onto left foot
- 27&28      Step right foot behind left foot, step left foot to left side, step right foot across left foot.
- 29, 30      Rock step left foot to left side, recover weight onto the right foot
- 31, 32      step left foot to left side, touch right toe next to left side.

## Start Again

**\*\*Ending: As the music fades you will be facing the back wall, do counts 21,22, then instead of Behind, side cross, finish with a ½ Sailor turn left, so you finish facing the front wall, and why not strike a pose!!**

- 21, 22      Touch left toe forward, to the side
- 23&24      Step left foot Cross right behind left and turn 1/4 left. Step right beside left. Turning left 8 Turn 1/4 left and cross left over right. (12:00).

## Enjoy and Smile!

Thank you to Tracey and Teresa for the music suggestion after a shift in a care home together!

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