

# Grow Up

**COPPER** KNOB  
BY STEPHEN

拍数: 48                      墙数: 2                      级数: Intermediate  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2016  
音乐: Grow Up - Olly Murs



Start after 16 count intro – 84 bpm – 3 mins 44 secs - No Tags Or Restarts

## Music Available from Amazon

### [1-8] R fwd box, R rock back/recover, ¼ L, L rock back/recover, L side

1&2                      Step R side, step L together, step R forward  
3&4                      Step L side, step R together, step L back  
5&6                      Rock R back, recover weight on L, turning ¼ left step R side (9 o'clock)  
7&8                      Rock L back, recover weight on R, step L side

### [9-16] R behind- ¼ L – R fwd, L fwd mambo, syncopated apart/tog turning 2 x ¼ R stepping fwd on L on last count (see step description)

1&2                      Cross step R behind L, turning ¼ left step L forward, step R forward (6 o'clock)  
3&4                      Rock L forward, recover weight on R, step L together  
&5                      Step R apart, step L apart  
&6                      Turning ¼ right step R & L together (9 o'clock)  
&7                      Step R apart, step L apart  
&8                      Turning ¼ right step R to right side, step L slightly forward (12 o'clock)

### [17-24] R fwd shuffle, L fwd rock/recover, ¼ L, full L turn (travelling side L), R cross, L side rock/recover, L cross

1&2                      Step R forward, step L together, step R forward  
3&4                      Rock L forward, recover weight on R, turning ¼ left step L to left side (9 o'clock)  
5&6                      Turning ½ left step R back, turning ½ left step L side, cross step R over L  
7&8                      Rock L side, recover weight on R, cross step L over R

### [25-32] R side, L weave 2, ¼ L toaster, R forward, hitch turns ¼ R & ½ R, L fwd

&1-2                      Step R side, cross step L over R, step R side  
3&4                      Turning ¼ left step L back, step R together, step L forward (6 o'clock)  
5                      Step R forward  
&6                      Hitch L turning ¼ right on R, point L side (9 o'clock)  
&7                      Hitch L turning ½ right on R, point L side (3 o'clock)  
8                      Step L slightly forward

### [33-40] R heel jack, L cross shuffle, R side, L sailor, R ball side

1&2&                      Cross step R over L, step L back, touch R heel forward, step R back  
3&4                      Cross step L over R, step R side, cross step L over R  
5                      Step R side  
6&7                      Cross step L behind R, step R side, step L side  
&8                      Step R together, step L side

### [41-48] R cross rock/recover, R side, L cross rock/recover, ¼ L, R chase turn, L fwd mambo

1&2                      Cross rock R over L, recover weight on L, step R side  
3&4                      Cross rock L over R, recover weight on R, turning ¼ left step L forward (12 o'clock)  
5&6                      Step R forward, pivot ½ left, step R forward (6 o'clock)  
7&8                      Rock L forward, recover weight on R, step L together

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