

# Friday Fling

**COPPER KNOB**  
BY STEPHEN HETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Kathryn Rowlands (WLS) - October 2017  
音乐: Dance Above the Rainbow - Ronan Hardiman : (CD: Feet of Flames,  
recommended)



(Intro: 16 counts)

Alternate track: Gaffo's Girl, Sharon Shannon

(No proper intro, but allow 16 counts before starting the dance)

## [1-8] Stomp, Kick, Triple Step x2

1-2            R stomp, kick forward  
3&4           R-L-R triple step in place  
5-6           L stomp, kick forward  
7&8           L-R-L triple step in place

## [9-16] Grapevine & Cross, Rock & Cross, clap x2

1,2,3,4       R step to right side, L cross behind, R step to right side, L cross over R  
5.6.7&8      R rock to right side, recover onto L, R cross over L, [pause]clap x2

## [17-24] Grapevine, Cross, Rock & Cross clap x2

1,2,3,4       L step to left side, R cross behind, L step to left side, R cross over L  
5,6,7&8      L rock to left side, recover onto R, L cross over R [pause]clap x2

## [25-32] Rocking Chair, Pivot Step, Stomp, Kick [clap x2]

1-2            R rock forward, recover onto L  
3-4            R rock back, recover onto L  
5-6            R step forward, pivot turn ¼ onto L  
7-8            R stomp, kick forward [clap x2 on the kick]

Begin again.

Choreographed for my Friday beginners, who are now starting to 'find their feet' with more confidence.