

# The Weight Is Gone

**COPPER** **KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - April 2018  
音乐: The Weight Is Gone - Albin Lee Meldau



Track: Available On Amazon & iTunes CD/Album: About You - Available June 2018  
Start: On The Word 'Knows' Seconds: 5 Counts: 8 BPM: 105

## **TOUCH, STEP, TOUCH, STEP, TOUCH, HITCH, CROSS X2**

1&2&      Touch Right To Right, Step Right By Left, Touch Left To Left, Step Left By Right  
3&4      Touch Right To Right, Hitch Right, Cross Right Over Left  
5&6&      Touch Left To Left, Step Left By Right, Touch Right To Right, Step Right By Left  
7&8      Touch Left To Left, Hitch Left, Cross Left Over Right

Restart Here During 4th Wall - Facing 09:00

## **½ TURN LEFT, PRESS, RECOVER, BEHIND, SIDE, CROSS, STEP, DRAG**

9-10      Make ¼ Turn Left, Stepping Back On Right, Make ¼ Turn Left Stepping Left To Left 06:00  
11-12      Cross Press/Rock Right Slightly Over Left, Recover On Left  
13&14      Sweep Right Behind Left, Step Left To Left, Cross Right Over Left  
15-16      Take A Big Step To Left Drag Right By Left

## **BALL CROSS, POINT, ¼ TWIST, KICK, COASTER STEP, FULL TURN**

&17-18      Step Right By Left, Cross Left Over Right, Point Right To Right  
19-20      Make A ¼ Turn Right Twisting Both Heels Left (Weight On Left) Kick Right Forward 09:00  
21&22      Step Back On Right, Step Left By Right, Step Forward On Right  
23-24      Make ½ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right  
Alt: Walk Fwd

## **'ROCKING' HEEL SPLITS, RECOVER, COASTER STEP, HIP ROLLS**

25&26      Rock Forward On Left Splitting Heels Apart, Bring Heels Together Recovering On Right Alt:  
Rock, Recover  
27&28      Step Back On Left, Step Right By Left, Step Forward on Left  
29-30      Stepping Forward on Right Making A ¼ Hip Roll Turn Left 06:00 Dance Finishes Here Facing  
12:00  
31-32      Stepping Forward on Right Making A ¼ Hip Roll Turn Left 03:00

**START AGAIN**