

# Keep It Real

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: Felicia Harris Jones (USA) - June 2018  
音乐: No Excuses - Meghan Trainor



Start on Lyrics.

## (1-8) Triple Forward, Triple ½ Turn x2\*, Body Roll, Knee Pop

1&2      Shuffle Forward R-L-R  
3&4      Making a ½ turn right, Shuffle Back L-R-L (facing 6:00 wall)  
5&6      Making a ½ turn right, Shuffle Forward R-L-R (facing 12:00 wall)  
7&8      Place left foot forward- leaning forward slightly, straighten body and lean back slightly as the right leg stiffens, pop left knee forward

**\*All shuffles are moving forward toward 12:00. Easy option is to omit ½ turns for basic shuffles forward.**

## (9-16) Triple Back, Triple Back, Out Out, Twist, Flick

1&2      Triple Back while hips angled at 10:00, L-R-L  
3&4      Triple Back while hips angled at 2:00, R-L-R  
5-6      Step Left out to left side, Step Right out to right side  
7&8      Toe grind right while twisting right heel in, out (shifting weight to left), flick right heel behind left leg

## (17-24) ¼ Turn, Crossing Triple, Side Rock Recover, Syncopated Weave

1-2      Step Right Forward, Pivot ¼ left- weight to Left (9:00)  
3&4      Cross Right over left, Step Left to left side, Cross Right over left  
5-6      Rock Left to left side, Recover to Right  
7&8      Step Left Back, Step Right next to Left, Step Left Forward

## (25-32) Hip Dips, Sailor x2

1-4      Step Right to right side- Dip hips - Right, Left, Right, Left  
**\*For added attitude, place hands on front of hips as you sway**  
5&6      Step Right Behind left, Step Left next to right, Step Right to right side  
7&8      Step Left Behind right, Step Right next to left, Step Left to left side

Enjoy!

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