

# World's Delights

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Wendy Haggerty (USA) - February 2018  
音乐: We Are Family - Sister Sledge



Intro: 64 count

## **SIDE TOGETHER SIDE TOUCH, KNEE SWIVELS**

1-4      Step right foot to right side, step left beside, step right to right side, touch left beside right  
5-8      Swivel left knee, out in out in

## **SIDE TOGETHER SIDE TOUCH, KNEE SWIVELS**

1-4      Step left foot to left side, step right beside, step left to left side, touch right beside left  
5-8      Swivel right knee, out in out in

## **RIGHT ARM UP DIAGONAL, LEFT ARM UP DIAGONAL, RIGHT ARM TO LEFT HIP, LEFT ARM TO RIGHT HIP, HIP BUMPS**

1      Reach right arm up to right diagonal  
2      Reach left arm up to left diagonal  
3      Put right hand on left hip  
4      Put left hand on right hip  
5-8      Wiggle hips right, left, right, left

## **HEEL WALKS ¼ TURN LEFT**

1, 2      Touch right heel forward and place toes down  
3, 4      Touch left heel forward and place toes down  
5, 6      Touch right heel forward and place toes down  
7, 8      Touch left heel forward and place toes down

(use a bit of funk in your walk. Walk moves to a full ¼ turn with each step)

**NOTE:** this dance was choreographed in support of people with Parkinson's Disease. It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.  
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Enjoy and spice it up!

Contact choreographer: [Whaggerty2016@gmail.com](mailto:Whaggerty2016@gmail.com)/[www.ZestYogaAndFitness.com](http://www.ZestYogaAndFitness.com)