

# AB Ladies In The 90s

**COPPER** **KNOB**  
BY STEPHENETS

拍数: 32                      墙数: 1                      级数: Absolute Beginner  
编舞者: Janet Cummings (USA) - July 2019  
音乐: Ladies In The '90s - Lauren Alaina



**Intro: 32 Counts, Start on Lyrics - No Tags or Restarts**

**SECTION 1: R HEEL TAP FORWARD, RETURN, TWIST L,R,L; L HEEL TAP FORWARD, RETURN, TWIST R,L,R**

1, 2, 3&4            R Heel Tap Forward, Return to Center, Twist Left, Right, Left  
5, 6, 7&8            L Heel Tap Forward, Return to Center, Twist Right, Left, Right

**SECTION 2: R KICK FORWARD, STEP CENTER, L TOUCH BACK, TOUCH CENTER, L KICK FORWARD, STEP CENTER, R TOUCH BACK, TOUCH CENTER**

1, 2, 3, 4            R Kick Forward, Step Center, L Touch Back, L Touch Center  
5, 6, 7, 8            L Kick Forward, Step Center, R Touch Back, R Touch Center

**SECTION 3: SLOW SAILOR STEP, TOUCH - RIGHT AND LEFT**

1, 2, 3, 4            R Step Behind L, L Step to Side, R Step in Place, L Touch Center  
5, 6, 7, 8            L Step Behind R, R Step to Side, L Step in Place, R Touch Center

**SECTION 4: KNEE POPS, RIGHT JAZZ BOX**

**NOTE: In the Next 4 Counts the Ball of either foot never leaves the floor.**

1, 2                    Drop R Heel from Section 3 While Raising L Heel Forcing L Knee to Bend, Drop L Heel While Raising R Heel Forcing R Knee to Bend  
3, 4                    Drop R Heel While Raising L, Forcing L Knee to Bend, Drop L Heel Raising R Forcing R Knee Bend  
5, 6, 7, 8            R Cross Over L, L Step Back, R Step to Side, L Step Forward

**This Dance is #12 in our AB Series, and we learn three new steps...added steps are the Twist, Slow Sailor Step with a touch, and Knee Pops. Have fun, don't be afraid to add your own style once you learn the basic steps.**

**Advice...Learn the Terminology and Floor Etiquette, and always respect your instructors...they work hard to please you...to succeed in what they do they need your cooperation. HAGD!**

**Dance... for physical and mental health! May God guide us each step of the way.**

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