

# PandA Cha

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2019  
音乐: You're Only Lonely - JD Souther



Start after 32 count intro – 3mins 42secs – 109bpm

Music Available: Amazon

**[1-8] R fwd, step tap L behind R, L shuffle back, R back rock/recover, R fwd, ¼ L pivot turn, R cross step**

1-2            Step R forward, tap L behind R  
3&4           Step L back, step R together, step L back  
5-6           Rock R back, recover weight on L  
7&8           Step R forward, pivot ¼ left, cross step R over L (9 o'clock)

**[9-16] ½ R hinge turn, L cross shuffle, R side rock/recover, R back rock/recover**

1-2            Turning ¼ right step L back, turning ¼ right step R side (3 o'clock)  
3&4            Cross step L over R, step R side, cross step L over R  
5-6            Rock R side, recover weight on L  
7-8            Rock R back, recover weight on L

**RESTART: During wall 3 dance first 16 counts to face L side wall and restart the dance**

**[17-24] Skate R/L fwd, R fwd shuffle, L fwd rock/recover, L ball touch back, ¼ L, R ball touch back**

1-2            Skate R forward on right diagonal, skate L forward on left diagonal  
3&4            Squaring to wall step R forward, step L together, step R forward  
5-6            Rock L forward, recover weight on R  
&7            Step L back, touch R toe in front of L  
&8            Turning ¼ left step R back, touch L toe next to R (12 o'clock)

**[25-32] L ball cross, L weave, ¼ L, L fwd, R fwd, ½ L pivot turn, L full turn fwd**

&1            Step L back, cross step R over L  
2-3-4        Step L side, cross step R behind L, turning ¼ left step L forward (9 o'clock)  
5-6            Step R forward, pivot ½ left (3 o'clock)  
7-8            Turning ½ left step R back, turning ½ left step L forward (3 o'clock)

**Non-turning option 7-8: step R forward, step L forward**

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