

# Cross On My Back

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

拍数: 32      墙数: 4      级数: High Improver  
编舞者: Sandy Kerrigan (AUS) - October 2020  
音乐: Lay Me Down - Pixie Lott : (EP - iTunes)



**Dance Info: Dance starts feet together-wt on L - Dance Starts 16 counts in**

**There is one restart in wall 5-this happens after the Left sailor facing 6:00  
[Whistle Musical Section]**

**Out, Out, Tap, ¼ Step Fwd, Scuff Side, Syncopated Jazz Box, Step L to Side 3:00**

& 1 2 3 4      Out R to R, Out L to L, Tap R next to L, Turning ¼ R-Step Fwd R, Scuff L to L Side  
5 6 & 7 8      Cross L over R, Step Back on R, Step Ball of L to L, Cross R over L, Step L to L Side

**Tap R-Knee Inward, ¼ Fwd, Double R Heel Bounce, Cross, Step Side, Left Sailor Step 6:00**

1 2 3 4      Tap R to L-Turning R knee inward, Turn ¼ R-Step Fwd R, Bounce R Heel x 2 (wt on R)  
5 6      Step/Cross L over R, Step R to R Side  
7 & 8      Cross L behind R, Step R to R Side, Step L to L Side

**\*\*\*Restart here wall 5-faicng 6:00 Wall**

**Cross, ¼ Step Back, Step Side, Step Across, Side Rock Step, Behind, Side, Cross 9:00**

1 2 3 4      Cross R over L, Turning ¼ R-Step Back on L, Step R to R Side, Step L over R  
5 6 7 & 8      R Side Rock, Replace to L, Cross/Step R behind L, Step L to L Side, Cross R over L

**Side Rock, Turning ¼ R-Replace to R, Step Fwd, Hitch, ¼ R-Step Side, Point L to L Side, Hold, Back Ball Step, Step L Fwd 3:00**

1 2 3 4      Rock L to L Side, Turning ¼ R-Replace to R, Step Fwd L, Hitch R (12:00)  
& 5      Turning ¼ R-Step R to R side, Point L to L side (torque upper body over R shoulder)  
6 & 7 8      Hold (6) Ball of L slightly Back, Replace to Ball of Right, Small Step Fwd L  
(& 7 8 small, bouncy, quirky steps, no heel pressure)  
[32]

**Note: One Restart in wall 5 at count 16 - noted above.**

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**Version 1:00**