

# Shivers

**COPPER** KNOB  
BY STEPHEN METELNICK

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - September 2021  
音乐: Shivers - Ed Sheeran



Start after 32 count intro on the word 'heart' - approx. 14 secs - 3mins 28secs - 141bpm  
Music Available: Amazon - no tags or restarts & travels anti-clockwise

**[1-8] R side toe strut, L cross toe strut, R side, L together, R back, L side**

1-4            Touch R toes side, step R heel down, cross touch L toes over R, step L heel down  
5-8            Step R side, step L together, step R back, step L side

**[9-16] R cross strut, L side strut, cross R over L, L side, R cross behind L, L side**

1-4            Cross touch R toes over L, step R heel down, touch L toes side, step L heel down  
5-8            Cross step R over L, step L side, cross step R behind L, step L side

**[17-24] R cross rock/recover, ¼ R, L hitch, ¼ L, 3 step weave L/R/L, low R flick to R diagonal**

1-4            Cross rock R over L, recover weight on L, turning ¼ right step R forward, turning ¼ right hitch up left knee (3 o'clock)  
5-8            Step L to left side, cross step R behind L, step L to left side, low flick right toes towards R diagonal (6 o'clock)

**[25-32] R rock back/recover, step R into ¾ L spiral, L fwd, R fwd, L fwd, R fwd brush**

1-4            Rock R back, recover weight on L, step R & with weight on R spiral ¾ left (9 o'clock)  
5-8            Step L forward, step R forward, step L forward, brush R forward

**[33-40] R jazz box brush, cross L over, R side, cross L behind, sweep R front to back**

1-4            Cross step R over L, step L back, step R side, brush L forward  
5-8            Cross step L over R, step R side, cross step L behind R, sweep R from front to back

**[41-48] R behind, L side, cross R over, L side, R behind, ¼ L, R fwd, ½ L pivot turn**

1-4            Cross step R behind L, step L side, cross step R over L, step L side  
5-8            Cross step R behind L, turning ¼ left step L forward, step R forward, pivot ½ left (12 o'clock)

**[49-56] Full fwd L turn R/L/R, hold, L fwd rock/recover, L to L side, touch R next to L**

1-4            Turning ½ left step R back, turning ½ left step L forward, step R forward, hold

**Non-turning option: Run forward R/L/R**

5-8            Rock L forward, recover weight on R, step L to left side, touch R next to L

**[57-64] ¼ R, R fwd, ½ L, L back, R back, HOLD, L mambo step, R fwd brush**

1-4            ¼ R step right forward, ½ right step L back, step R back, HOLD (9 o'clock)  
5-8            Step L back, step R in place, step L forward, brush R forward

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