

# Optimis

**COPPER KNOB**  
STEPPERS

拍数: 64                      墙数: 4                      级数: High Beginner  
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音乐: Optimis - Atiek CB



## No Tag No Restart

### S1 GRAPVINE R, ROCKING CHAIR

1 – 2                      Side R to side, Cross L behind R forward  
3 – 4                      Side R to side, Touch L beside R  
5 – 6                      Rock L forward, Recover on R  
7 – 8                      Rock back on L, Recover on R

### S2 GRAPEVINE L, ROCKING CHAIR

1 – 2                      Side L to side, Cross R behind L forward  
3 – 4                      Side L to side, Touch R beside L  
5 – 6                      Rock R forward, Recover on L  
7 – 8                      Rock back on R, Recover on L

### S3 SIDE ROCK L, SIDE ROCK R

1 – 2                      Side R to side, Cross L behind R  
3 – 4                      Side L to side, Cross R behind L  
5 – 6                      Side L to side, Cross R behind L  
7 – 8                      Side R to side, Cross L behind R

### S4 MONTEREY, V – STEP

1 – 2                      Touch R to side, Step R together turn  $\frac{1}{4}$  R  
3 – 4                      Touch L to side, Step L together  
5 – 6                      Step R diagonal forward, Step L diagonal forward  
7 – 8                      Step R back to center, Step L together

### S5 WALK FORWARD R,L,R, KICK L, WALK BACK L,R,L

1 – 4                      Walk forward R, L, R, Kick L  
5 – 8                      Walk back L, R, touch R beside L

### S6 SWAY, TOE STRUT R & L

1 – 2                      Push hip R, L  
3 – 4                      Push hip R, L  
5 – 6                      Touch R toe, Step down R heel  
7 – 8                      Touch L toe, Step down L heel

### S7 FORWARD ROCK, BACK SHUFFLE, BACK ROCK FORWARD SHUFFLE

1 – 2                      R Rock forward, Recover on L  
3 & 4                      Back Shuffle on R, L, R  
5 – 6                      L Rock back, Recover on R  
7 & 8                      Forward shuffle on L, R, L

### S8 JAZ BOX $\frac{1}{4}$ 2X

1 – 4                      Step R cross over R, L back R  $\frac{1}{4}$  turn R, L forward  
5 – 8                      Step L cross over L, R back L  $\frac{1}{4}$ , Turn L, R forward

ENJOY THE DANCE.....

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