

# Banjo Bump

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 1      级数: Absolute Beginner  
编舞者: Sher McIntosh (CAN) - May 2023  
音乐: Banjo! (feat. Cowboy Troy) (Remix) - HardNox



**NO TAGS, NO RESTARTS**

**(Arm Motions are Optional but Highly Recommended)**

**Section 1: 3X Walk FWD RT/LT/RT,LT Touch, 4 LT Heel Touches FWD (without weight)**

- 1 – 4      Walk FWD RT, LT, RT, Touch LT Toe at RT Instep(on 4 and clap)
- 5 – 8      Touch LT Heel FWD 4 Times (raise & lower without weight, & pump arms to match foot motion in/out)

**Section 2: 3X Walk BACK LT/RT/LT, RT Touch, 4 RT Heel Touches FWD (without weight)**

- 1 - 4      Walk BACK LT, RT, LT, Touch RT Toe at LT Instep(on 4 and clap)
- 5 – 8      Touch RT Heel FWD 4 Times (raise & lower without weight, & pump arms to match foot motion in/out)

**(one time only Singer says go “LOW LOW LOW”, so bend forward when you back up) see demo.**

**Section 3: RT Basic with LT Touch, 4 LT Heel Touches FWD (without weight)**

- 1 – 4      RT to RT, LT Tog, RT to RT, Left Touch at RT Instep (on 4 and clap)
- 5 – 8      Touch LT Heel FWD 4 Times (raise & lower without weight, & pump arms to match foot motion in/out)

**Section 4: LT Basic with Touch, 4 RT Heel Touches FWD (without weight)**

- 1 – 4      LT to LT, RT Tog, LT to LT, Right Touch at LT instep(on 4 and clap)
- 5 – 8      Touch RT Heel FWD 4 Times (raise & lower without weight, & pump arms in/out to match foot motion),

**(3 times Singer says:” UP UP UP”, you would circle your arms overhead instead of in/out)see demo.**

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