

We Got This

COPPER KNOB
BY STEPHEN METZ

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Debbie Rushton (UK), Darren Bailey (UK), José Miguel Belloque Vane (NL) & Guillaume Richard (FR) - October 2023
音乐: I Got It - Ryan Innes



Phrased, A : 48 counts, B : 48 counts

Intro: 16 counts

Phrasing : A – B – A – A (32) – A – B – A – A (32) – B – A – A (32)

PART A

[1 – 8] Side, Together, Side, Touch, Step, Point, Step, Point

1-2 Step RF to R (1), Step LF next to RF (2) 12:00
3-4 Step RF to R (3), Touch L toes next to RF (4) 12:00
5-6 Step LF to L (5), Point R toes over LF (6) 12:00
7-8 Step RF to R (7), Point L toes over RF (8) 12:00

[9 – 16] Grapevine ¼ turn, Brush, Triple Step, ¼ turn Triple Step

1-2 Step LF to L (1), Cross RF behind LF (2) 12:00
3-4 Make ¼ turn L stepping LF fwd (3), Brush RF next to LF (4) 9:00
5&6 Step RF down next to LF (5), Step LF next to RF (&), Step RF next to LF (6) 9:00
7&8 Make ¼ turn L stepping LF to L (7), Step RF next to LF (&), Step LF next to RF (8) 6:00

[17 – 24] Side Rock Cross, Hold, Side Rock Cross, Hold

1-2 Step RF to R (1), Recover on LF (2) 6:00
3-4 Cross RF over LF (3), Hold (4) 6:00
5-6 Step LF to L (5), Recover on RF (6) 6:00
7-8 Cross LF over RF (7), Hold (8) 6:00

[25 – 32] Side Rock, Cross, Side, Behind, ¼ turn Step, Step ½ Pivot

1-2 Step RF to R (1), Recover on LF (2) 6:00
3-4 Cross RF over LF (3), Step LF to L (4) 6:00
5-6 Cross RF behind LF (5), Make ¼ turn L stepping LF fwd (6) 3:00
7-8 Step RF fwd (7), Make ½ turn L stepping on LF (8) 9:00

[33 – 40] Stomp Right, Swivel Heel Toe Heel, Stomp Left, Swivel Heel Toe Heel

1-2 Stomp RF fwd in R diagonal (1), Swivel L heel in (2) 9:00
3-4 Swivel L toe in (3), Swivel L heel in (4) 9:00
5-6 Stomp LF fwd in L diagonal (5), Swivel R heel in (6) 9:00
7-8 Swivel R toe in (7), Swivel R heel in (8) 9:00

[40 – 48] Step Back, Touch, Step Side, Touch, ¾ Walks around

1-2 Step RF back in R diagonal (1), Touch LF next to RF (2) 9:00
3-4 Step LF to L (3), Touch RF next to LF (4) 9:00
5-6 Make ¼ turn R stepping RF fwd (5), Make 1/8 turn R stepping LF fwd (6) 1:30
7-8 Make 1/8 turn R stepping RF fwd (7), Make 1/8 turn R stepping LF fwd (8) 6:00

PART B

[1 – 8] Ball & Together, Hold, Bounce x2, Ball & Together, Hold, Bounce x2

&1-2 Step RF fwd in R diagonal (&), Step LF next to RF (1), Hold (2)

Arms options: On count 1 as you step together, put both hands down next to your hips 6:00

&3&4 Lift both heels (&), Put heels back down (3), Lift both heels (&), Put heels back down (4)

Arms options: Keep the arms as count 1 6:00

&5-6 Step LF fwd in L diagonal (&), Step RF next to LF (5), Hold (6)

Arms options: On count 5 as you step together, cross both arms in front of your chest 6:00

&7&8 Lift both heels (&), Put heels back down (7), Lift both heels (&), Put heels back down (8)
6:00

[9 – 16] Step Back, Touch & Clap Clap, Step Back, Touch & Clap, Back Rock, Step ½ Pivot

1-2 Step RF back in R diagonal (1), Touch LF next to RF (2)

Arms options: Clap your hands x2 on count &2 6:00

3-4 Step LF back in L diagonal (3), Touch RF next to LF (4)

Arms options: Clap your hands on count 4 6:00

5-6 Step RF back (5), Recover on LF (6) 6:00

7-8 Step RF fwd (7), Make ½ turn L stepping on LF (8) 12:00

[17 – 24] Ball & Together, Hold, Bounce x2, Ball & Together, Hold, Bounce x2

&1-2 Step RF fwd in R diagonal (&), Step LF next to RF (1), Hold (2)

Arms options: On count 1 as you step together, put both hands down next to your hips 12:00

&3&4 Lift both heels (&), Put heels back down (3), Lift both heels (&), Put heels back down (4)

Arms options: Keep the arms as count 1 12:00

&5-6 Step LF fwd in L diagonal (&), Step RF next to LF (5), Hold (6)

Arms options: On count 5 as you step together, cross both arms in front of your chest 12:00

&7&8 Lift both heels (&), Put heels back down (7), Lift both heels (&), Put heels back down (8)
12:00

[25 – 32] Step Back, Touch & Clap Clap, Step Back, Touch & Clap, Back Rock, Walk x2

1-2 Step RF back in R diagonal (1), Touch LF next to RF (2)

Arms options: Clap your hands x2 on count &2 12:00

3-4 Step LF back in L diagonal (3), Touch RF next to LF (4)

Arms options: Clap your hands on count 4 12:00

5-6 Step RF back (5), Recover on LF (6) 12:00

7-8 Step RF fwd (7), Step LF fwd (8) 12:00

[33 – 40] Slow Jazz Box with holds, Cross, Step Side

1-2 Cross RF over LF (1), Hold (2) 12:00

3-4 Step LF back (3), Hold (4) 12:00

5-6 Step RF to R (5), Hold (6) 12:00

7-8 Cross LF over RF (7), Step RF to R (8) 12:00

[41 – 48] Cross Behind, Unwind Full Turn, Out Out, Hold x3

1-2 Cross LF behind RF (1), Start to unwind a full turn L (2) 12:00

3-4 Keep unwinding full turn L (3-4) 12:00

&5-6 Step RF out to R (&), Step LF out to L (5), Hold (6) 12:00

7-8 Hold x2 (7-8) 12:00

Part A 32 counts

When you do 32 counts of part A the first 2 times, to restart the dance with part A or part B, you'll have to add an extra ¼ turn L

To finish the dance on the last time of part A with 32 counts, change the last ½ turn into a ¼ turn
