

Got Your Back

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Liz Wakelin (NZ) & Christine Stewart (NZ) - January 2024
音乐: Sister - Mickey Guyton



Intro: 16 Counts. Start dancing after the 4 strong chords and just before the lyrics start. Approximately 8 seconds into track.

Begin: Facing 12:00 with weight on Right and Left touched beside Right

{1-8} CROSS ROCK, HOLD, RECOVER BACK, ¼ TURN LEFT, ½ PIVOT TURN LEFT, FULL TURN LEFT

- 1, 2 Cross Left foot over in front of Right foot, hold
- 3, 4 Recover back onto Right foot, Turn ¼ left and step Left foot forward (9:00)
- 5, 6 Step Right foot forward, Turn ½ left on balls of both feet transferring weight forward onto Left foot (3:00)
- 7, 8 Turn ½ left and step Right foot back, Turn ½ left and step Left foot forward. (3:00)

{9-16} ROCK FORWARD, RECOVER BACK, COASTER BACK, ¼ PADDLE RIGHT, CROSS, SIDE

- 1, 2 Step/rock Right foot forward, Recover back onto Left foot
- 3 & 4 Step Right foot back, Step onto Left foot beside Right foot, Step Right foot forward
- 5, 6 Step Left foot forward, Turn ¼ right on balls of both feet transferring weight onto Right foot (6:00)
- 7, 8 Cross Left over in front of Right foot, Step Right foot to right side *Restart wall 3 facing 6 o'clock

{17-24} CROSS, HOLD, RECOVER, BACK, JAZZBOX CROSS MAKING A ¼ TURN RIGHT

- 1, 2 Cross Left foot over in front of Right foot, Hold
- 3, 4 Recover back onto Right foot, Step Left foot to left side
- 5, 6 Cross Right foot over in front of Left foot, Turn ¼ right stepping Left foot back
- 7, 8 Step Right foot to right side, Cross Left foot over in front of Right foot (9:00)

{25-32} SIDE, TOGETHER, SHUFFLE FORWARD, LEFT SIDE, BEHIND, ¼ TURN LEFT, STEP HITCH

- 1, 2 Step Right foot to right side, Step Left foot next to Right foot
- 3 & 4 Step Right foot forward, Step Left foot next to Right foot (&), Step Right foot forward
- 5, 6 Step Left foot to left side, Step Right foot behind Left foot
- 7, 8 Turn ¼ left and step Left foot forward, Step Right foot forward and hitch Left knee (6:00)

{33-40} BACK, BACK, BACK, SWEEP, BEHIND, ¼ TURN LEFT, POINT, DRAG

- 1, 2 Step Left foot back Step Right foot back
- 3, 4 Step Left foot back, Sweep Right foot around behind Left foot
- 5, 6 Step Right foot behind Left foot, Turn ¼ left stepping Left foot forward (3:00)
- 7, 8 Point Right foot to right side, Drag Right foot to Left foot *Ending: wall 8

{41-48} KICK AND POINT, TOUCH BEHIND, ¼ TURN LEFT, CROSS, ¼ TURN, ¼ TURN, SWEEP

- 1 & 2 Kick Right foot forward, replace Right foot next to Left foot (&), touch Left foot to Left side
- 3, 4 Touch Left foot behind Right foot, Turn ¼ left transferring weight onto Left foot, (12:00)
- 5, 6 Cross Right foot over Left foot, Turn ¼ right stepping Left foot back (3:00)
- 7, 8 Turn ¼ right stepping Right foot forward, Brush Left foot forward using ball of foot (6:00)

Restart: Wall 3 – dance to count 16 and restart facing 6 o'clock

Ending: Wall 8 – dance to count 40, ¼ turn right stepping Right foot to right side (now facing front wall), drag Left foot to finish beside Right foot.

Contact details: christine@silverliningdance.co.nz lizwakelin73@gmail.com

Last Update: 13 Feb 2024
