

# Ping Pong

**COPPER KNOB**  
BY STEPHEN BETHS

拍数: 64      墙数: 2      级数: High Intermediate  
编舞者: Dustin Betts (USA) - February 2024  
音乐: Ping Pong (feat. Stef Cima) - Ryan Riback, LowKiss & MC Flipside



## [1-8] R SLIDE, COLLECT, FWD R SHUFFLE, L QUICK ROCKING CHAIR, L FWD, ¼ HITCH.

1 2      Slide R to right side (1), Step L next to R (2) 12.00  
3 & 4      Step R fwd (3), Step L next to R (&), Step R fwd (4), 12.00  
5 & 6 &      Rock L fwd (5), Recover onto R (&), Rock L back (6), Recover onto R (&), 12.00  
7 8      Step L fwd (7), Make ¼ turn left hitching R, weight remaining on L (8) 9.00

## [9-16] R SIDE ROCK, ¼, ¼ SHUFFLE, L BACK, R TOGETHER, L FWD, R TOGETHER, L BACK, R COLLECT.

1 2      Rock R to right side (1), Make ¼ turn left recovering fwd on L (2), 6.00  
3 & 4      Make ¼ turn left stepping R to right side (3), Step L next to R (&), Step R to right (4) 3.00  
5 & 6 &      Travelling to the right, stay facing 3.00; step L back towards 7.30 (5), Step R next to L (&),  
Step L fwd towards 4.30 (6), Step R next to L (&) 3.00  
7 8      Step L back (7), Step R next to L (8). 3.00

## [17-24] L CROSS, R ROCK, L RECOVER, R CROSS, L SIDE, HEEL SWIVEL, L BALL, R CROSS, L SIDE, R TOUCH.

1 2 &      Cross L over R (1), Rock R to right side (2), Recover onto L (&), 3.00  
3 4      Cross R over L (3), Step L to left side (4), 3.00  
& 5 & 6      Swivel both heels to left (&) Bring heels back (5), Step in place on ball of L (&), Cross R over  
L (6), 3.00  
7 8      Step L to left side (7), Touch R next to L (8). 3.00

## [25-32] R DIAGONAL, L SCISSOR, R SIDE, L BACK TOUCH, ½ ROLL, R BACK ROCK, L RECOVER.

1 2 &      Make 1/8 turn right stepping R fwd (4.30) (1), Rock L to left side (2), Recover onto R (&), 4.30  
3 4      Cross L over R (3), Step R to right side (4), 4.30  
5 6      Touch L toe back towards 10.30 (5), Make ½ turn left with exaggerated head roll taking  
weight on L (10.30) (6), 10.30  
7 8      Rock R back (7), Recover fwd onto L (8). 10.30

## [33-40] R PRESS, L RECOVER, R SHUFFLE, L CROSS, 1/8, L PONY BACK.

1 2      Press R fwd (1), Recover onto L hitching R knee slightly (2), 10.30  
3 & 4      Step R fwd (3) Step L next to R (&). Step R fwd (4), 10.30  
5 6      Cross L over R (5). Make 1/8 turn left stepping R back (6), 9.00  
7 & 8      Step L back hitching R knee (7), Step in place on ball of R (&), Step L back hitching R knee  
(8). 9.00

## [41-48] R BACK ROCK, R KICK, OUT- OUT (R-L), HEEL FLICKS (R-L), POINT SWITCHES (R-L)

1 2      Rock R back (1), Recover fwd onto L (2), 9.00  
3 & 4      Kick R fwd (3), Step R slightly to right (&), Step L slightly to left (4), 9.00  
5 & 6 &      Bend R knee in swivelling R heel to right side (5), Bring R heel back in and take weight (&),  
Bend L knee in swivelling L heel to left side (6), Bring L heel back in and take weight (&), 9.00  
7 & 8      Point R toe to right side (7) Step R next to L (&), Point L toe to left side (8). 9.00

## [49-56] L CROSS, ¼, L SIDE SHUFFLE, R CROSS, ¼, R SIDE SHUFFLE

1 2      Cross L over R (1), Make ¼ turn left stepping R back (2), 6.00  
3 & 4      Step L to left side (3), Step R next to L (&), Step L to left side (4), 6.00  
5 6      Cross R over L (5), Make ¼ turn right stepping L back (6), 9.00  
7 & 8      Step R to right side (7), Step L next to R (&), Step R to right side 9.00

**[57-64] L CROSS ROCK, RECOVER, ¼, R FULL SPIRAL, L EXTENDED SHUFFLE, R HITCH**

- 1 & 2 Cross rock L over R (1), Recover onto R (&), Make ¼ turn left stepping L fwd (2), 6.00  
3 4 Step R fwd (3), Make full turn left on R slightly hitching L knee (4), 6.00  
5 & 6 Step L fwd (5) Step R slightly behind L (&), Step L fwd (6), 6.00  
& 7 8 Step R slightly behind L (&), Step L fwd (7), Hitch R knee. 6.00

**Tag: After wall 2 facing 12.00.**

**[1-8] R SLIDE, ¼ L SLIDE, ¼ R SLIDE, HIP BUMP, L SLIDE, ¼ R SLIDE, ¼, EXAGGERATED CHEST POP.**

- 1 2 Slide R to right side (1), Make ¼ turn left sliding L to left (2), 9.00  
3 4 Make ¼ left sliding R to right side (3), Bump hips slightly left while remaining on R (4), 6.00  
5 6 Slide L to left side (5), Make ¼ turn right sliding R to right side (6), 9.00  
7 8 Make ¼ turn right stepping L to left side, slightly compressing chest inward with palms to chest (7), Pop chest out slightly lifting hands off chest (8). 12.00

**Enjoy!**

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