

# Coast to Coast

COPPER KNOB  
BY SHEETS

拍数: 48      墙数: 2      级数: Phrased Intermediate  
编舞者: Krista Young (USA) & Ashley Boomershine (USA) - July 2024  
音乐: Space Ghost Coast To Coast - Glass Animals



Intro: 32 counts, start with lyrics

Phrasing: A, A, B, A, A, Tag, B, A, A

\*Second half of B is the same as second half of A

## Phrase A

[1-8] Walk x2, Heel Grind  $\frac{1}{4}$  Turn, Slide, Camel Walk x2, Rock-Recover Cross

- 1-2            Step fwd on RF, step fwd on LF  
3&4           Step R heel fwd in front of LF, grind heel with  $\frac{1}{4}$  turn R stepping back on LF, slide back on RF (3:00)  
5-6           Step fwd onto LF popping R knee, step fwd onto RF popping L knee  
7&8           Step LF to L side, recover onto RF, cross LF in front of RF

[9-16] Walk x2, Mambo Step Together, Step Touch Swivel x2, Rock-Recover Point

- 1-2            Step fwd on RF, step fwd on LF  
3&4&          Step fwd on RF, recover on LF, step back on RF, step LF next to RF  
5&6&          [With bent knees] turn  $\frac{1}{8}$  R while stepping RF diagonally fwd, touch LF next to RF, step LF diagonally fwd, touch RF next to LF (4:30)  
7&8           Step fwd on RF, recover onto LF, turn  $\frac{1}{8}$  R while pointing RF to R side [prepping for full turn] (6:00)

[17-24] Full Turn, Step, Toe Heel Body Roll, Heel Tap x2, Shuffle

- 1-2            Full turn over R shoulder on RF, step LF to L side  
3&4            Swivel toes inward, swivel heels inward, body roll from bottom up  
5&6&          Touch R heel fwd, step RF next to LF, L heel fwd, step LF next to RF  
7&8            Turn  $\frac{1}{8}$  R stepping RF fwd, step LF next to RF, step RF fwd (7:30)

\*On 7&8, keep knees bent and lift shoulders RLR

[25-32] Cross Unwind, Body Roll Hitch x2, Kick Ball Tap x2

- 1-2            Cross LF in front of RF,  $\frac{3}{8}$  unwind over R shoulder (12:00)  
&3&4          Start body roll shifting weight to R side, finish body roll sitting into R hip & hitching L knee, step LF down & start body roll shifting weight to L side, finish body roll sitting into L hip & hitching R knee  
5&6           Turn  $\frac{1}{8}$  L kicking RF fwd (10:30), step RF next to LF, turn  $\frac{1}{8}$  L pointing LF to L side (9:00)  
7&8           Turn  $\frac{1}{8}$  L kicking LF fwd (7:30), step LF next to RF, turn  $\frac{1}{8}$  L pointing RF to R side (6:00)

## Phrase B

[1-8] Cross Drag, Shoulder Roll,  $\frac{1}{2}$  Turn R, Shoulder Roll

- 1-2            Cross RF in front of LF, drag LF towards RF [pull R arm across body]  
3-4            [With bent knees] step LF to L side & roll shoulders R to L  
5-6            Cross RF behind LF, straighten legs & turn  $\frac{1}{2}$  over R shoulder (6:00)  
7-8            Bend knees & drop head back & roll shoulders R to L

\*Feel free to really make this section your own!

[9-16] Cross Rock-Recover x2, Pony, Point

- 1-2&          Cross RF in front of LF, step LF to L side, recover onto RF  
3-4&          Cross LF in front of RF, step RF to R side, recover onto LF

- 5-6& Turn 1/8 L stepping RF fwd (4:30), step LF under RF hitching R knee, press R ball of foot into ground slightly lifting LF, step LF down hitching R knee (pony)  
7-8 Turn 1/8 R pointing RF to R side [prepping for full turn] (6:00)

**\*Second half of B is the same as second half of A**

**[17-24] Full Turn, Step, Toe Heel Body Roll, Heel Tap x2, Shuffle**

- 1-2 Full turn over R shoulder on RF, step LF to L side  
3&4 Swivel toes inward, swivel heels inward, body roll from bottom up  
5&6& Touch R heel fwd, step RF next to LF, L heel fwd, step LF next to RF  
7&8 Turn 1/8 R stepping RF fwd, step LF next to RF, step RF fwd (7:30)

**\*On 7&8, keep knees bent and lift shoulders RLR**

**[25-32] Cross Unwind, Body Roll Hitch x2, Kick Ball Tap x2**

- 1-2 Cross LF in front of RF, 3/8 unwind over R shoulder (12:00)  
&3&4 Start body roll shifting weight to R side, finish body roll sitting into R hip & hitching L knee, step LF down & start body roll shifting weight to L side, finish body roll sitting into L hip & hitching R knee  
5&6 Turn 1/8 L kicking RF fwd (10:30), step RF next to LF, turn 1/8 L pointing LF to L side (9:00)  
7&8 Turn 1/8 L kicking LF fwd (7:30), step LF next to RF, turn 1/8 L pointing RF to R side (6:00)

**Tag**

**[1-10] MOSTLY IMPROV**

- 1-2-3 Pick a pose & hold or bounce  
4 y&a5&6&7&8& This is your time to shine! Improv with a syncopated body roll, shoulder roll, fast footwork, etc.  
9 Hold  
&10 Hitch R knee up & lift RF to R so that the shin is parallel to the floor, snap the RF under R knee to return to natural hitch position

**\*\*Anytime you hear the quick beats (which mainly occur during Phrase B and the Tag) feel free to really improv some cool body movement and/or fast footwork!**

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