

# Rhythm Nation

COPPER KNOB  
BY SHEETS

拍数: 48                      墙数: 2                      级数: Intermediate  
编舞者: Dee Musk (UK) - September 2024  
音乐: The New Nation - Joybird



One restart during wall 5 – begin again facing 6.00.

#16 Count Intro – Approx 9 secs. Track approx 2 mins 28 secs. BPM 120.  
Track available from iTunes. [deedeemusk@gmail.com](mailto:deedeemusk@gmail.com)

**Step Out Right, Step Out Left, Hold, Ball, Cross, Diagonal Press with Hip Roll x 2.**

1,2                      Step R out to R side, step L out to L side.  
3&4                     Hold count 3, step R beside L, cross L over R.  
5,6                     Press R toe towards 1.30 rolling R hip forward, roll L hip back (knees soft and slightly bent).  
7,8                     Repeat counts 5-6 above. (12.00).

**Side, Hitch, Side, Touch, ¼ Turn Right, Step, ¼ Turn Right, Cross.**

1,2                     Step R to R side, hitch L knee beside R.  
3,4                     Step L to L side, touch R beside L.  
5,6                     Make ¼ turn R stepping forward on R, step forward on L.  
7,8                     Make ¼ turn R, cross L over R. (6.00).

**Side, Drag, Ball, Cross, ¼ Turn Left, Step, ½ Pivot Turn Left, Ball, Walk Left, Walk Right.**

1,2                     Step R to R side, drag L to beside R.  
&3,4                    Step L beside R, cross R over L, make ¼ turn L stepping forward on L (3.00).  
5,6&                    Step forward on R, make ½ turn L, step R beside L.  
7,8                     Walk forward L, walk forward R. (9.00).

**Forward Rock, Recover, Ball, Step Back, Touch, ¼ Turn Left, Hold, Ball, Side, Touch Behind.**

1,2                     Rock forward on L, recover weight to R.  
&3,4                    Step L beside R, step back R, touch L toe back.  
5,6                     Make ¼ turn L (weight on L), hold count 6.  
&7,8                    Step R beside L, step L to L side, touch R toe behind L. (6.00).

**\*\*Restart during wall 5 – begin again facing 6.00.**

**¼ Turn Right, Hold, Sway Left, Sway Right, ¼ Turn Right, Hold, Sway Right, Sway Left.**

1,2                     Make ¼ turn R stepping forward on R, hold count 2. (9.00).  
3,4                     Step L to side swaying L, sway R.  
5,6                     Make ¼ turn R stepping L to L side, hold count 6. (12.00).  
7,8                     Sway R, sway L. (12.00).

**¼ Turn Right, Hold, Sway Left, Sway Right, ¼ Turn Left, Runaround ½ Turn Left.**

1,2                     Make ¼ turn R stepping forward on R, hold count 2. (3.00).  
3,4                     Step L to side swaying L, sway R.  
5,6                     Turning 1/8 L walk L, turning 1/8 L walk R.  
7&8                    Completing a ½ turn L run L, R, L. (6.00).

The music finishes during wall 6 at the end of section 4 facing 12.00 - Step R to R Side - Tahdah! - Enjoy and Smile! ☐