

# Marathon (2000)

COPPER KNOB  
BY STEPHENETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Dottie Wicks (USA)  
音乐: Move Your Body - Eiffel 65



## STEP, HOLD, ½ PIVOT, HOLD, FULL TURN, SHUFFLE

- 1-2      Step forward on right, hold and clap (shin level)
- 3-4      Pivot ½ turn to left (weight on left), clap (shoulder level)
- 5-6      Turn a full turn left down forward line of dance stepping right, left
- 7&8      Shuffle slightly forward right, left, right

## TRAVELING SIDE ROCK, CROSSES

**These 8 counts should be done traveling forward line of dance**

- 1&2      Side rock onto left, recover weight to right foot, cross left over right (weight on left)
- 3&4      Side rock onto right, recover weight on left foot, cross right over left (weight. On right)
- 5&6      Side rock onto left, recover weight to right foot, cross left over right (weight. On left)
- 7&8      Side rock onto right, recover weight on left foot, cross right over left (weight. On right)

## ROCK STEP, ¾ TURN LEFT, BACKWARD TRAVELING JAZZ BOXES

- 1-2      Step forward on left foot, recover weight onto right
- 3&4      Shuffle turn ¾ left stepping left, right, left
- 5&6      Traveling slightly backwards, cross right over left, step back on left, step right next to left (weight on right)
- 7&8      Traveling slightly backwards, cross left over right, step back on right, step left next to right (weight on left)

## STOMP FORWARD, HOLD, ¼ HEEL SWIVELS, SAILOR STEP, FULL TURN OR HEEL & HOOK

- 1-2      Stomp forward right foot, hold
- 3&4      Swivel heels making ¼ turn to left (heels right, left, right) weight on right
- 5&6      Left sailor shuffle left, right, left
- 7-8      (Every odd wall) keeping weight on left, touch right toe across & front of left foot & unwind full turn to left

### Alternate steps for 7-8

- 7-8      (Every even wall) keeping weight on left, dig right heel forward and hook right heel over left shin on count 8

## REPEAT

---