

# Move It Or Lose It

**COPPER KNOB**  
BY STEPHEN METZ

拍数: 32      墙数: 4      级数:  
编舞者: Peter Metelnick (UK)  
音乐: I Wanna Fall In Love - Lila McCann



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## VINE RIGHT 3, TOUCH LEFT HEEL FORWARD & LEFT SIDE, HITCH LEFT & TURN ¼ LEFT, LEFT FORWARD SHUFFLE

- 1-3            Step right foot to right side, cross step left foot behind right foot, step right foot to right side
- 4-5            Touch left heel forward, touch left heel to left side
- 6                Turn ¼ left on right foot and hitch left knee up hooking left foot across right leg
- 7&8            Step left foot forward, step right foot together, step left foot forward

## TURN ¼ LEFT & VINE RIGHT 3, LEFT HEEL FORWARD & LEFT SIDE, HITCH LEFT & TURN ¼ LEFT, LEFT FORWARD SHUFFLE

- &1-3            Turn ¼ left on left foot (now facing back wall), step right foot to right side, cross step left foot behind right foot, step right foot to right side
- 4-5            Touch left heel forward, touch left heel to left side
- 6                Turn ¼ left on right foot and hitch left knee up hooking left foot across right leg
- 7&8            Step left foot forward, step right foot together, step left foot forward

## RIGHT ROCK FORWARD & BACK, RIGHT JAZZ BOX WITH ½ RIGHT TURN

- 1-2            Step right foot forward and rock forward, recover weight on left foot
- 3-4            Step right foot back and rock back, recover weight on left foot
- 5-6            Cross step right foot over left foot, step left foot back
- 7-8            Turn ½ right and step right foot forward, step left foot together (weight ends on left foot)

## RIGHT & LEFT FORWARD SHUFFLES, RIGHT FORWARD, ½ LEFT PIVOT TURN, WALK FORWARD RIGHT-LEFT

- 1&2            Step right foot forward, step left foot together, step right foot forward
- 3&4            Step left foot forward, step right foot together, step left foot forward
- 5-6            Step right foot forward, pivot ½ left
- 7-8            Step right foot forward, step left foot forward

**REPEAT**

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