

# My Noise

**COPPER KNOB**  
BY STEPHEN METZ

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Brian Barakauskas (USA)  
音乐: Bringin' Da Noise - \*NSYNC



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## KICK BALL CHANGE, TOUCH ½ TURN, COASTER BACK, STEP PIVOT

- 1&2      Kick left foot forward, step left in place, step right next to left
- 3-4      Touch left foot out to left side, step left next to right, pivoting ½ turn left
- 5&6      Step right foot back, step left next to right, step right foot forward
- 7-8      Step left foot forward, pivot ½ turn to the right keeping weight on left (right heel lifted)

## BUMP, BUMP, KICK BALL CHANGE (RAISE THE ROOF), WALK FORWARD, CLAP

- 1-2      Bump right hip forward/up twice
- 3&4      Kick right foot forward, step back on right, touch left in front of right, with body leaning back over right and arms raised in front of face making a "raise the roof" gesture
- 5-8      Walk forward left-right-left-right, on last step, step right out to side and clap on last step

## LOOK RIGHT, LOOK LEFT, BODY ROLL, SHAKE UP

- 1-2      Look right, look left with ¼ turn to the left
- 3-4      Body roll back over right leg (now forward direction is towards left leg)
- 5-8      Bump left hip up for 4 counts, ending with weight on left

## SHUFFLE RIGHT, KICK AND CROSS, MAMBO RIGHT, MAMBO LEFT (TOUCH)

- 1&2      Shuffle right-left-right
- 3-4      Kick left out to left side, step left over right
- 5&6      Step right out to right side, step left in place, step right next to left
- 7&8      Step left out to left side, step right in place, touch left next to right

**REPEAT**

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