

# Prove It

COPPERKNOB  
BY STEPHENETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Hazel Pace (UK)  
音乐: Just the Guy to Do It - Toby Keith



---

## SIDE, TOGETHER, CHASSE RIGHT, CROSS ROCK, RECOVER, STEP ¼ TURN LEFT, STEP ¼ TURN LEFT

1-2            Step right to right side, step left beside right  
3&4           Step right to right side, step left beside right, step right to right side  
5-6           Cross rock left over right, recover on right  
7              Step left ¼ turn left  
8              Pivot ¼ turn left on left stepping right to right side

## STEP BACK, ROCK FORWARD, RECOVER, CHASSE RIGHT, ROCK BACK, RECOVER, CHASSE LEFT

&1-2          Quickly step left beside right, rock forward on right, recover on left  
3&4           Step right to right side, step left beside right, step right to right side  
5-6           Rock back on left, recover on right  
7&8          Step left to left side, step right beside left, step left to left side

## CROSS UNWIND ¼ TURN LEFT, ROCK FORWARD, RECOVER, ½ TURN RIGHT, STEP ½ PIVOT, STEP

1-2           Cross right over left unwind ¼ turn left (weight on left)  
3-4           Rock forward on right, recover on left  
5-6           Make ½ turn right stepping forward on right, step forward on left  
7-8          Make ½ pivot turn right, step forward on left

## STRIDE HOLD & ROCK SIDE, CROSS HOLD, ½ TURN RIGHT, CROSS

1-2           Stride right to right side, hold  
&3            Rock back on left behind right, recover on right  
4              Step left to left side (facing left diagonal)  
5-6           Cross right over left, hold  
&7            Make ¼ turn right stepping back on left, make ¼ turn right stepping right to right side  
8              Cross left over right (facing 3:00)

REPEAT

---