

Raisin' The Roof

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Amanda Beaulieu
音乐: Bringin' Da Noise - *NSYNC



RIGHT HEEL, TURN $\frac{1}{4}$, LEFT HEEL, RIGHT HEEL, LEFT HEEL, STEP, PIVOT $\frac{1}{2}$, SIDE ROCK, CROSS

- 1& Place right heel forward, quickly step back on right while turning $\frac{1}{4}$ left
- 2& Place left heel forward, quickly step back on left
- 3& Place right heel forward, quickly step back on right
- 4& Place left heel forward, quickly step back on left
- 5-6 Step forward right, pivot $\frac{1}{2}$ turn left
- 7&8 Rock right out to right side, recover on left, cross right over left

LEFT KNEE ROLL, RIGHT KNEE ROLL, RIGHT SAILOR $\frac{1}{4}$ RIGHT, LEFT FORWARD SHUFFLE

- 1-2 Step forward left rolling left knee to the left twice (end with weight on left)
- 3-4 Step forward right rolling right knee to the right twice (end with weight on right)
- 5&6 Cross right behind left, step left to left side, step right $\frac{1}{4}$ turn right
- 7&8 Step left forward, step right together, step left forward

STEP RIGHT, $\frac{1}{2}$ TURN, BODY ROLL, LEFT FORWARD SHUFFLE, SIDE ROCK, CROSS

- 1-2 Step forward right, pivoting on ball of right turn $\frac{1}{2}$ left leaving weight on right
- 3&4 Body roll down and up (as if you were sitting down and then raising from the chair), weight on right
- 5&6 Step left forward, step right together, step left forward
- 7&8 Rock right out to right side, recover on left, cross right over left

POINT, CROSS, UNWIND, HOLD, OUT, OUT, IN, IN, HEEL JACK

- 1-2 Point left out to left, cross left over right
- 3-4 Unwind $\frac{1}{2}$ turn right, hold
- &5 Jump out slightly with right, left
- &6 Jump together with right, left
- &7 Step back on right, extend left heel forward
- &8 Quickly step back on left, touch right beside left

REPEAT
