

# 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



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## 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

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