

# Work It!

**COPPER KNOB**  
BY STEPHEN SUNTER

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Stephen Sunter (UK)  
音乐: Work It Out - Beyoncé



## **BACK, CROSS, SIDE, BEHIND, SIDE, BACK CROSS, SIDE, BEHIND, ¼ TURN**

- &1            Step left back, cross step right over left, (twist shoulders to right)
- 2-3-4        Step left-to-left side, right behind, left to left, (straightening shoulders to front)
- &5            Step right back, cross left over right, (twist shoulders to left)
- 6-7-8        Step right-to-right side, left behind, make ¼ right and step forward right, (straightening shoulders to front)

## **TURN ¾ TURN, SIDE, BEHIND, TURN ¼ LEFT, SIDE, BEHIND. FULL TURN, SIDE, DRAG ¼ TURN**

- &            Making a ¾ turn right step ball of left next to right
- 9            Cross step right over left
- 10-11-12    Step left to left, step right behind left, make ¼ turn left and step forward left
- &13         Step right to side, lock left behind right
- 14-15       Unwind full turn left, large step right to side
- 16          Drag left toward right and make a ¼ turn left

## **LEFT NEXT TO RIGHT, WALK FORWARD, HIP BUMPS**

- &17         Step left next to right, large step forward right, (lean shoulders back)
- 18-19       Step forward left, step right slightly out to right side
- 20          Pop right knee in
- &21         Bump hips left, bump hips right
- 22-23-24   Bump hips left, bump hips right, bump hips left

## **WIGGLE, ¼ TURN, STEP ½ TURN, WALK BACK, CHANGE, WALK FORWARD**

- &a25        Bump hips right, bump hips left, bump hips right making a ¼ turn left and pop left knee
- 26-27-28   Step forward left, make ½ turn left and step back on right, step back left
- &29         Step right next to left, large step forward left, (lean shoulders back)
- 30-31-32   Step forward right, step forward left, step right to right side

## **REPEAT**

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