

# X-Rated

**COPPER** KNOB  
BY STEPSHEETS

拍数: 64      墙数: 4      级数:  
编舞者: Rob Loudermilk (USA), Stephanie Mans, Susan Certain & Matthew Kirby  
音乐: Hillbilly Rap - Neal McCoy



## STEP, CROSS, HOLD, FULL SPIN LEFT, REPEAT.

- & Step ball of left foot beside right foot
- 1 Step ball of right foot across in front of left foot
- 2 Hold
- 3-4 Unwind a full turn left bringing right foot in place beside left foot (12:00)
- 5-8 Repeat steps &1-4

## RIGHT ARM FORWARD, HOLD, LEFT ARM FORWARD, HOLD, BODY ROLL TWICE.

- 1-2 (Extend right arm forward with palm out, fingertips pointed up)
  - 3-4 (Extend left arm forward placing left palm on back of right hand)
- Use ripple motion as you are extending arm, hand in toward body before extending**
- 5-6 Body roll
  - 7-8 Repeat body roll

**As you are executing body rolls, bring both hands in toward chest and then lower hands to normal dance position (about waist level)**

## SHUFFLE FORWARD, FORWARD ROCK STEP, BACK ROCK STEP, STEP, SLIDE.

- 1 Step right foot forward.
- & Step ball of left foot beside right
- 2 Step right foot forward
- 3 Rock forward on left foot
- 4 Step back on right foot
- 5 Rock back on left foot
- 6 Step forward on right foot
- 7 Step left foot forward
- 8 Slide right foot beside left foot transferring weight to right foot

## STEP, SLIDE, STEP, SCUFF, STEP RIGHT, RIGHT HAND TO WAIST, EXTEND LEFT ARM, HOLD.

- 1 Step left foot forward
- 2 Slide right foot beside left foot transferring weight to right foot
- 3 Step left foot forward
- 4 Scuff right heel forward
- 5 Step right foot side right
- 6 (Place right hand to front center of waist (about buckle position))
- 7 (Turn head to look toward 9:00 and extend left arm to left (palm facing left and fingertips pointed up))
- 8 Hold

## RIGHT KNEE IN-OUT-IN-OUT-IN-OUT

**During next eight counts, weight should primarily be on ball of right foot, knees bent, and body should lean slightly right**

- 1 Move right knee in
- Twisting on ball of right foot with left foot stationary**
- 2 Move right knee out
- Twisting on ball of right foot with left foot stationary**
- 3-8 Repeat steps 1&2 three times

**HIP ROLL WITH ¼ TURN LEFT, HIP THRUST, HIP ROLL WITH ½ TURN RIGHT, HIP THRUST, STEP FORWARD RIGHT, STEP FORWARD LEFT, HIP BUMPS.**

1-2 Rotate hips back and right, turn body ¼ turn left and push hips forward

**Toward 9:00. Weight will end on right foot. Heel of left foot on floor with left toes up, knees straight**

3-4 Rotate hips back and left, turn body ¼ turn right and push hips forward

**Toward 3:00. Weight will end on left foot. Heel of right foot on floor with right toes up, knees straight. Now facing 3:00**

5 Step down on right foot

6 Step left foot beside right foot

7-8 Body roll or bump or wiggle hips for two counts

**PIGEON-TOE SWIVELS TRAVELING RIGHT WITH ARM AND HEAD MOVES**

1 (On heel of right foot and ball of left foot) move right toes and left heel right

2 (On ball of right foot and heel of left foot) move right heel and left toes right

3-6 Repeat steps 1-2 twice more

7 (On heel of right foot and ball of left foot) move right toes and left heel right

8 (On heel of right foot and ball of left foot) move right toes and left heel back to center

**ARMS: As you begin swivels, cross arms in front of chest, palms resting just above elbows**

1 (Raise both hands until backs of hands meet)

2 (Return hands to rest on arms)

3-4 (Repeat arm movements for steps 1-2)

5 (Raise palm of left hand to face right, fingertips up and turn head to look right)

6 (Turn head to face front)

7-8 (Repeat arm and head movements for steps 5-6)

**PIGEON-TOE SWIVELS TRAVELING LEFT WITH ARM AND HEAD MOVES**

1 (On heel of left foot and ball of right foot) move left toes and right heel left

2 (On ball of left foot and heel of right foot) move left heel and right toes left

3-6 Repeat steps 1-2 twice more

7 (On heel of left foot and ball of right foot) move left toes and right heel left

8 (On heel of left foot and ball of right foot) move left toes and right heel back to center

**ARMS: Arms still in front of chest, palms resting just above elbows.**

1 (Raise both hands until backs of hands meet)

2 (Return hands to rest on arms)

3-4 (Repeat arm movements for steps 1-2)

5 (Raise palm of right hand to face left, fingertips up and turn head to look left)

6 (Turn head to face front)

7-8 (Repeat arm and head movements for steps 5-6)

**REPEAT**

---