

# Hi Rise

COPPER KNOB  
BY STEPHEN METZ

拍数: 32      墙数: 4      级数: Intermediate hip hop  
编舞者: Fx4 (USA)  
音乐: S.O.S. (Rescue Me) - Rihanna



## **½ RIGHT PIVOT, ½ RIGHT STEP LEFT, SIDE SHUFFLE RIGHT, TRIPLE 1 ½ LEFT, BEHIND-SIDE-CROSS HEEL TOUCH**

- 1-2&      Step forward left, turn ½ right (6:00) stepping right in place, turn ½ right (12:00) stepping left next to right
- 3&4      Shuffle to right side stepping right, left, right
- 5&6      Turn ½ left stepping left to left side, turn ½ left stepping right to right side, turn ½ left stepping left to left side (6:00)
- 7&8      Step right behind left, step left to left side, cross touch right heel over left

## **¼ LEFT GRIND, 2 STEPS BACK, ¼ LEFT CROSSING SHUFFLE, CROSS HEEL ¼ LEFT GRIND, ½ RIGHT ON RIGHT**

- 1-2-3      Grind ¼ left (3:00) on right heel stepping onto left, step back on right, step back on left
- &4&5      Turn ¼ left (12:00), cross step right over left, step left to left side, cross step right over left
- &6      Step left to left side, cross touch right heel over left
- 7-8      Grind ¼ left (9:00) on right heel stepping onto left, turn ½ right stepping on right (3:00)

## **2 KICK-BALL-CHANGES TRAVELING RIGHT, ½ RIGHT SAILOR STEP, SIDE SHUFFLE RIGHT**

- 1&2-3&4      Kick left diagonally across right, step left next to right, step right to right side, repeat
- 5&6      Step left behind right, turn ¼ right stepping right to right side, turn ¼ right stepping left to left side (9:00)
- 7-8      Shuffle to right side stepping right, left, right

## **¼ RIGHT SAILOR WITH "JOEY", REVERSE CROSS-UNWIND, BEHIND, SIDE-CROSS, ¼ LEFT KNEE POP**

- 1&2      Step left behind right, turn ¼ right (12:00) stepping right to right side, step left to left side
- &3&4      Rock on right back behind left, recover on left, step right to right side, touch left toe behind right heel
- 5-6      Unwind one full turn left weight ending on left, step diagonally back on right traveling to the left
- 7&8      Step left to left side, cross step right over left, turn ¼ left (9:00) bring left toe next to right and popping left knee

**REPEAT**