

# Freestylin

**COPPER** **NOB**  
BY STEPHEN BRETZ

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Nancy Morgan (USA)  
音乐: Chain of Fools - Clint Black & The Pointer Sisters



## SAILOR SHUFFLES AND STEP TWISTS

- 1&2      Sailor right (step left foot behind right foot, step right to right side, step left foot forward)  
3&4      Sailor left (step right foot behind left foot, step left to left side, step right foot forward)  
5-8      Step left behind right, step right foot forward, step left behind right, step right foot forward

## VINE LEFT, CROSS RIGHT OVER LEFT, LEFT TO SIDE, RIGHT FOOT BACK, COASTER STEP

- 1-6      Step left foot forward, step right foot behind left, step left to left side, cross right foot over left, step left to left side, step back on right foot  
7&8      Coaster step (step back on you left, step right next to left, step forward on left)

## STEP SLIDE, STEP DRAG WITH ¼ TURN RIGHT, SHUFFLE LEFT, SHUFFLE RIGHT

- 1-4      Step right foot forward, slide left behind right, step right foot forward, drag left foot in a circle as you turn ¼ turn to your right  
5&6      Shuffle left (left, right, left)  
7&8      Shuffle right (right, left, right)

## STEP LEFT ½ TURN TO RIGHT, CONTINUING RIGHT ½ TURN SHUFFLE LEFT, ROCK STEP, ½ TURN TO LEFT AS YOU SHUFFLE RIGHT

- 1-2      Step left foot forward, turn ½ turn to your right  
3&4-5-6      As you continue to turn ½ turn to your right shuffle back left (left, right, left), rock back on your right foot and forward on your left  
7&8      Turning back to your left ½ turn shuffle back right (right, left, right)

## ROCK STEP, TOUCH RIGHT FOOT FORWARD, THEN FEET TOGETHER, RIGHT FOOT FORWARD, TOGETHER, LEFT FOOT FORWARD, TOGETHER (MOVING FORWARD)

- 1-2      Rock back on you left and forward on your right  
3-8      Touch left foot forward, step left foot next to right but slightly in front of right (so that you are progressing forward) touch right foot forward, step right foot slightly in front of left, touch left foot forward, step left foot slightly in front of right

## TOUCH RIGHT FOOT FORWARD, FEET TOGETHER, LEFT FOOT FORWARD, FEET TOGETHER, JAZZ BOX SQUARE

- 1-4      Touch right foot forward, step right foot slightly in front of left, touch left foot forward, step left foot slightly in front of right  
5-8      Cross right over left, step back on left, step right to right side, stomp left next to right

## STEP SLIDE LEFT, ROCK HIPS RIGHT, LEFT, STEP SLIDE RIGHT, ROCK HIPS LEFT RIGHT

- 1-4      Step left foot to left side and slide right to left, rock hips from right to left  
5-8      Step right foot to right side and slide left to right, rock hips from left to right

## STEP LEFT, STEP RIGHT NEXT TO LEFT, STEP RIGHT, STEP LEFT NEXT TO RIGHT, SWIVEL KNEES, LEFT, RIGHT LEFT, RIGHT

- 1-4      Step left to left side, step right next to left, step right to right side, step left next to right  
5-8      Swivel both feet to left with knees bent, then right, left, right

## REPEAT