

# Fighting Fit!

**COPPER KNOB**  
BY STEPHEN

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Paulette Hylands (UK)  
音乐: What Am I Fighting For - Unklejam



## TOUCH RIGHT SWIVEL RIGHT & TOUCH, STEP BACK, BACK COASTER CROSS, TOUCH, CROSS, RIGHT BACK STEP, LEFT SIDE STEP AND POP

1-2      Touch right toe to side, turn  $\frac{1}{4}$  right (weight to left)  
3      Step right back  
4&5      Step left back, cross right over left, turn  $\frac{1}{4}$  right and touch left toe to side  
6-7      Cross left over right, step right back  
8      Step left to side

### Pop knee

## RIGHT SIDE SHUFFLE TURN $\frac{1}{4}$ , SWIVEL $\frac{3}{4}$ WITH TOUCH, STEP RIGHT, LEFT FORWARD ROCK & CROSS

1&2      Step right to side, step left together, turn  $\frac{1}{4}$  right and step right forward  
3-4      Step left forward, turn  $\frac{3}{4}$  right and touch right together  
5-6      Step right to side, rock left forward  
7&8      Recover to right, step left together, cross right over left

## LEFT TOE STRUT, RIGHT TOE STRUT WITH TURN $\frac{1}{4}$ , SWIVEL $\frac{1}{4}$ RIGHT, POINTING LEFT TO SIDE, RECOVER, TOUCH RIGHT TO SIDE, RECOVER

1-2      Touch left toe to side, drop heel  
3-4      Touch right toe forward, turn  $\frac{1}{4}$  right and drop heel  
5-6      Turn  $\frac{1}{4}$  right and touch left toe to side, step left together  
7-8      Touch right toe to side, touch right together

## RIGHT SIDE ROCK, RECOVER, STEP RIGHT $\frac{1}{4}$ RIGHT, LEFT SIDE TOUCH, RECOVER, RIGHT FORWARD ROCK, RECOVER, STEP RIGHT $\frac{1}{4}$ RIGHT, LEFT SIDE TOUCH, RECOVER, RIGHT FORWARD TOUCH

1&2      Rock right to side, recover to left, step right forward  
3-4      Turn  $\frac{1}{4}$  right and touch left toe to side, step left together  
5-6      Rock right forward, recover to left  
&7      Turn  $\frac{1}{4}$  right and step right forward, touch left toe to side  
&8      Step left together, touch right toe forward

### REPEAT

### TAG

#### When you face the front for 2nd time

1-4      With right toe still touching forward, bounce both heels 4 times