

# Energy

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Beverley Mawdsley (SA)  
音乐: Can Can Allegro - Berlin Philharmonic



## **STEP BACK RIGHT, STEP BACK LEFT, RIGHT TOE SWIVEL, DIP LEFT, DIP RIGHT**

- 1-2            Step back right, step left beside right
- 3-4            Swivel right toe to left lifting right heel off ground. Swivel right toe to center bring heel down
- 5-6            Turn body left keeping knees together and bend knees down then up
- 7-8            Turn body to right keeping knees together and bend knees down then up

## **WALK RIGHT, LEFT, TURNING ½ TURN RIGHT, POINT, SHUFFLE ½ TURN, ½ TURN LEFT**

- 9-10           Walk forward right, walk forward left turning ¼ turn right
- 11-12          Bring right foot back turning ¼ turn right, point left foot back
- 13&14          Shuffle ½ turn right stepping left, right, left
- 15-16          ½ Turn right stepping right, left

## **RIGHT HITCH, RIGHT FRONT, RIGHT CROSS, RIGHT POINT, RIGHT FLICK BACK, RIGHT STEP FORWARD**

- 17-18          Hitch right leg, point right foot forward
- 19-20          Hitch right leg, point right foot across left
- 21-22          Hitch right leg, point right foot to right side
- 23-24          Hitch and flick right foot to right side, step right foot forward

## **LEFT HITCH, LEFT FRONT, LEFT CROSS, LEFT POINT, LEFT FLICK BACK, LEFT STEP FORWARD**

- 25-26          Hitch left leg, point left foot forward
- 27-28          Hitch left leg, point left foot across right
- 29-30          Hitch left leg, point left foot to left side
- 31-32          Hitch and flick left foot to left side, step left foot forward

**REPEAT**

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