

# Express Your Mind

**COPPER KNOB**  
BY STEPHENETS

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Yvonne Anderson (SCO)  
音乐: Express - Dinah Carroll



## **RIGHT TOE TOUCHES-KICK, FORWARD SAILOR ¼ RIGHT, CROSS, HOLD, SNAP, UNWIND ½ TURN RIGHT WITH HEEL FLICK**

- 1&2      Touch right toe beside left, touch right toe slightly forward, kick right foot forward  
3&4      Step right across left, making ¼ turn right step left foot to left, step right foot to right  
5-6      Cross left foot over right foot and slap right hip with right hand, hold and slap left hip with left hand  
7-8      Snap right fingers to right, make ½ turn right and flick left heel up

## **CROSS, HOLD, & BEHIND, & IN-FRONT, JAZZ BOX WITH ½ TURN RIGHT**

- 1-2      Step left foot across right, hold and flick both hands out to sides palm down  
&3      Step right foot to right, step left foot behind right  
&4      Step right foot to right, step left foot across right  
5-6      Step right foot across left, step left foot back making ¼ turn right  
7-8      Make ¼ turn right stepping right foot forward, step left foot forward (3:00)

## **REVERSE SAMBAS RIGHT AND LEFT, ROCK RECOVER, FULL TURN FORWARD**

- 1&2      Rock right foot to right diagonal, recover weight on left, step right foot behind left  
3&4      Rock left foot back to left diagonal, recover weight on right, step left behind right  
**On counts 1-4, use shoulder shrugs and twist body to emphasize movement**  
5-6      Rock back on right foot, recover weight on left foot  
7-8      Traveling forward make a full turn left stepping right, left (3:00)

## **MICKEY STEPS WITH ¼ TURN RIGHT, STEP ½ LEFT, LEFT KICK, LEFT COASTER STEP**

- &1      Step right foot forward, step left foot beside right foot and swing arms back  
&2      Making ¼ turn right step right foot back, step left foot beside right foot and swing both arms forward  
&3      Step right foot forward, step left foot beside right foot and swing arms back  
&4      Step right foot back, step left foot beside right foot and swing both arms forward (6:00)  
5-6      Step right foot forward making ½ turn left, kick left foot forward (12:00)  
7&8      Step left foot back, step right foot beside left, step left foot forward

## **STEP, POINT, STEP, POINT, SYNCOPATED WEAVE WITH ½ RIGHT**

- 1-2      Step right foot forward, point left foot to left and snap fingers  
3-4      Step left foot forward, point right foot to right and snap fingers  
5&6      Step right foot across left, step left foot to left, step right foot behind left  
&7      Step left foot to left, step right foot across left  
&8      Making ¼ turn right step left foot back, make ¼ turn right stepping right foot to side (6:00)

## **SHUFFLE FORWARD LEFT AND RIGHT, KICK AND POINT, BEHIND & IN-FRONT**

- 1&2      Shuffle forward stepping left, right, left  
3&4      Shuffle forward stepping right, left, right  
5&6      Kick left foot forward, step left foot beside right, point right toes to right  
7&8      Step right foot behind left, step left foot to left, step right foot across left foot

## **KICK AND POINT, COASTER ¼ LEFT, STEP TURN ½, SHUFFLE FORWARD LEFT**

- 1&2      Kick left foot forward, step left foot beside right, point right toes to right

- 3&4 Making  $\frac{1}{4}$  turn left step right foot behind left foot, step left foot beside right foot, step right foot slightly forward (3:00)
- 5-6 Step left foot forward, pivot  $\frac{1}{2}$  right with weight on right foot (9:00)
- 7&8 Shuffle forward stepping left, right, left

**ROCK, RECOVER, FULL TRIPLE TURN, ROCK RECOVER,  $\frac{1}{2}$  TURN SHUFFLE**

- 1-2 Rock right foot forward, recover weight on left foot
- 3&4 Make full turn right stepping right, left, right
- 5-6 Rock left foot forward, recover weight on right foot
- 7&8 Make  $\frac{1}{2}$  turn left stepping left, right, left (3:00)

**REPEAT**

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