

# The Daily Grind

**COPPER** **KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数:  
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK)  
音乐: C'est La Vie (Blue) - Shania Twain



Dedicated to Winnie McLean on the occasion of her 80th birthday

## RIGHT FORWARD MAMBO STEP, LEFT BACK, RIGHT & LEFT HEEL SWITCHES, ¼ RIGHT HEEL GRIND, RIGHT BACK COASTER STEP

1&2      Rock right forward, recover weight on left, step right together  
&      Step left back  
3&4      Touch right heel forward, step right together, touch left heel forward  
&      Step left together  
5-6      Touch right heel forward, with weight remaining on left grind right heel ¼ right  
7&8      Step right back, step left together, step right forward

## LEFT SIDE ROCK CROSS, RIGHT FORWARD & BACK TOE TOUCHES, RIGHT SIDE ROCK CROSS, SYNCOPATED LEFT FORWARD ROCK & RECOVER TURNING ½ LEFT

1&2      Rock left to left side, recover weight on right, cross step left over right  
3-4      Touch right toes forward, touch right toes back  
5&6      Rock right to right side, recover weight on left, cross step right over left  
7&8      Rock left forward, recover weight on right starting to turn ½ left, complete ½ left turn stepping left forward

## RIGHT KICK BALL CROSS, RIGHT SIDE, ½ LEFT & LEFT TO LEFT SIDE, RIGHT CROSS STEP, LEFT KICK BALL CROSS, SYNCOPATED LEFT SIDE ROCK & RECOVER WITH LEFT CROSS STEP

1&2      Kick right forward, step right back, cross step left over right  
3&4      Step right to right side, turning ½ left step left to left side, cross step right over left  
5&6      Kick left forward, step left back, cross step right over left  
7&8      Rock left to left side, recover weight on right, cross step left over right

## RIGHT SIDE, ½ LEFT & LEFT TO LEFT SIDE, RIGHT CROSS STEP, BOX (LEFT SIDE, RIGHT TOGETHER, LEFT FORWARD, RIGHT SIDE, LEFT TOGETHER, RIGHT BACK), LEFT BACK COASTER STEP

1&2      Step right to right side, turning ½ left step left to left side, cross step right over left  
3&4      Step left to left side, step right together, step left forward  
5&6      Step right to right side, step left together, step right back  
7&8      Step left back, step right together, step left forward

## REPEAT

## RESTARTS

On wall 2 dance counts 1-28 (you will end facing back wall) and restart

On wall 5 dance counts 1-28 (you will end facing left side wall) and restart

On wall 8 dance counts 1-28 (you will end facing front wall) and restart