

# Dance For Today

**COPPER KNOB**  
STEPSHEETS

拍数: 56      墙数: 4      级数: Intermediate  
编舞者: Glynn Rodgers (UK)  
音乐: A Good Day to Run - Darryl Worley



## HEELS TWICE, TOES TWICE, STAR

1-2      Dig right heel forward twice  
3-4      Touch left toe back twice  
5-6      Touch right toe forward and to right side  
7-8      Touch right toe back, touch right toe in place

## RUMBA BOX

1-2      Step right to right side, close left to right  
3-4      Step forward right, touch left beside right  
5-6      Step left to left side, close right to left  
7-8      Step back left, touch right beside left

## WEAVE, ROCK AND CROSS SHUFFLE

1-2      Step right to right side, step left behind right  
3-4      Step right to right side, cross left over right  
5-6      Rock right to right side, recover weight onto left  
7&8      Cross right over left, close left to right, cross right over left

## WEAVE, PIVOT TURN AND SHUFFLE FORWARD

1-2      Step left to left side, step right behind left  
3-4      Step left to left side, cross right over left  
5-6      Step left slightly forward, pivot ¼ turn right  
7&8      Step left forward, close right to left, step forward left

## ROCK, COASTER STEP, PIVOT TWICE

1-2      Rock forward right, recover weight onto left  
3&4      Step back right, close left to right, step forward right  
5-6      Step forward right, pivot half turn left  
7-8      Step forward right, pivot half turn left

## STEP, KICK X3, COASTER STEP, PIVOT TURN

1-2      Step forward right, kick left foot forward  
3-4      Kick left foot forward twice  
5&6      Step back left, close right to left, step forward left  
7-8      Step forward right, pivot half turn left

## SHUFFLE, HALF TURN, STEP BACK, ROCK, PIVOT TURN

1&2      Step forward right, close left to right, step forward right  
3-4      Turn a half turn left, stepping back right, step back onto left foot  
5-6      Rock back onto right foot, recover weight onto left  
7-8      Step forward right, pivot half turn left

## REPEAT