

# Catch The Rhythm

**COPPER** **NOB**  
BY STEPHEN

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Peter Metelnick (UK)  
音乐: (This Is) The Song For The Lonely - Cher



## HEEL SWITCHES LEFT & RIGHT, CROSS LEFT, KICK RIGHT, RIGHT JAZZ BOX WITH ¼ TURN RIGHT

1&2      Touch left heel forward, step left foot in place, touch right heel forward  
&3-4      Step right foot in place, cross step left foot over right, kick right foot to right diagonal  
5-6      Cross step right foot over left, step left foot back  
7-8      ¼ turn right, step right foot forward, step left foot forward

## RIGHT FORWARD, ½ PIVOT LEFT, STEP FORWARD RIGHT & LEFT, SYNCOPATED SPLITS RIGHT & LEFT, RIGHT ROCK FORWARD & RECOVER

1-2      Step right foot forward, pivot ½ turn left  
3-4      Step right foot forward, step left foot forward  
&5&6      Jump step right foot and left foot apart, jump step right foot and left foot together  
7-8      Rock right foot forward, recover weight on left

## TURNING ¼ RIGHT, STEP RIGHT, LEFT, RIGHT SAILOR STEP, LEFT SAILOR STEP, SKATE FORWARD RIGHT, LEFT

1-2      Turning ¼ right, step right foot to right side, turning ½ right step left foot to left side  
3&4      Cross step right foot behind left, step left foot to left side, step right foot slightly forward  
5&6      Cross step left foot behind right, step right foot to right side, step left foot slightly forward  
7-8      Skate forward right, skate forward left (or simply walk right, left)

## RIGHT ROCK FORWARD & RECOVER, ½ TURN RIGHT, RIGHT SHUFFLE FORWARD, ½ TURN, LEFT SHUFFLE BACK, RIGHT ROCK BACK & RECOVER

1-2      Rock right foot forward, recover weight on left  
3&4      Turning ½ right, step right foot forward, step left foot next to right, step right foot forward  
5&6      Turning ½ right, step left foot back, step right foot next to left, step left foot back  
7-8      Rock right foot back, recover weight on left

## ¼ RIGHT, RIGHT JAZZ BOX, KICK RIGHT FORWARD TOUCH LEFT, KICK LEFT FORWARD TOUCH RIGHT

1-2      Cross step right foot over left, step left foot back  
3-4      ¼ turn right step right foot forward, step left foot forward  
5&6      Kick right foot forward, step right foot in place, touch left toe to left side  
7&8      Kick left foot forward, step left foot in place, touch right toe to right side

## STEP RIGHT FORWARD, TOUCH LEFT, STEP LEFT, STEP RIGHT, STEP LEFT, RIGHT FORWARD, ½ PIVOT LEFT, RIGHT FORWARD SHUFFLE

1-2      Step right foot forward, touch left toe behind heel of right foot  
&3-4      Step left foot in place, step right foot forward, step left foot forward  
5-6      Step right foot forward, ½ pivot left  
7&8      Step right foot forward, step left foot next to right, step right foot forward

## STEP LEFT FORWARD, TOUCH RIGHT, STEP RIGHT, STEP LEFT, STEP RIGHT, LEFT FORWARD, ½ PIVOT RIGHT, LEFT FORWARD SHUFFLE

1-2      Step left foot forward, touch right toe behind heel of left foot  
&3-4      Step right foot in place, step left foot forward, step right foot forward  
5-6      Step left foot forward, ½ pivot right  
7&8      Step left foot forward, step right foot next to left, step left foot forward

**RIGHT FORWARD ROCK & RECOVER, FULL TURN RIGHT STEP BACK RIGHT, LEFT, RIGHT BACK SHUFFLE, LEFT ROCK BACK & RECOVER**

- 1-2 Rock right foot forward, recover weight on left
- 3-4  $\frac{1}{2}$  turn right & step right foot forward,  $\frac{1}{2}$  turn right & step left foot back
- 5&6 Step right foot back, step left foot next to right, step right foot back
- 7-8 Rock left foot back, recover weight on right

**REPEAT**

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