

# Bend Of The Millennium

**COPPER KNOB**  
BY STEPHEN METZ

拍数: 60      墙数: 1      级数: Intermediate  
编舞者: Rey Kleinsasser (USA)  
音乐: Bend Me, Shape Me - The American Breed



## HIPS RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, PIVOT ½ LEFT, HIPS RIGHT-LEFT-RIGHT

1&2      Right step diagonal forward-right and bump hips right, left, right  
3&4      Left step diagonal forward-left and bump hips left, right, left  
5-6-7&8      Right step forward, ½ pivot left, repeat 1&2.(now facing 6:00 wall)

## STOMP, HOLD, STOMP, HOLD, HEEL-&HEEL-&HEEL, CLAP

1-2      Left step diagonal forward-left(a light stomp) and angle body left (not a turn), hold  
3-4      Right step diagonal forward-right(a light stomp) and angle body right (not a turn), hold  
5&6&      Left heel touch forward, left step together, right heel touch forward, right step together  
7-8      Left heel touch forward, clap

**On the first and third times through the dance(the stanzas) you may double-clap on &2, &4, and &8 in place of the holds on 2 and 4 and the single clap on 8 to better flow with the music. On the second and fourth times through, the holds on 2 and 4 can be wild cards(be creative-body roll, heel pump, etc.)**

## HIPS, PIVOT ½ RIGHT, HIPS, (STOMP, HOLD) TWICE, HEEL SWITCHES, CLAP

1-16      Repeat the first 16 count above in mirror image (all steps on opposite side, starting left) (now at 12:00)

## VINE RIGHT, ½ TURN RIGHT, STOMP

1-3      Right step out to side, left step across in back, right step into ¼ right turn  
4      Left stomp into ¼ right turn and snap fingers downward. (now at 6:00)

## SIDE, CLAP-&SIDE, CLAP-&-(POINTS)RIGHT-&LEFT-&RIGHT-&LEFT-&

1-2&3-4&      Right step out to side, hold and clap, left step together, repeat  
5&6&7&8&      Right touch out to side, right step together, left touch out to side, left step together, repeat

## RIGHT HEEL PUMP X4, RIGHT MONTEREY ½ TURN

1&2&3&4&      Right heel touch together, right heel lift, repeat 3x  
5-6      Right touch out to side(some weight so you can push), ½ right turn on ball of left and step right beside left  
7-8      Left touch out to side, left step together

## RIGHT HIPS X4, HEEL-&CROSS-&HEEL, KICK

1&      Right step together and bump hips right, return hips to center  
2&3&4      Repeat hip bumps (1&) 2x, bump hips right  
5&6&7      Left heel touch across in front, left step together, right step across in front, left step out to side, right heel touch across in front  
8      Right kick diagonal forward-right and snap fingers head high

## REPEAT