

# Band Of Sunshine

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

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Helen D'Aguiar (UK)  
音乐: That's the Way I Like It - KC and the Sunshine Band



## SYNCOPATED BACK AND SIDE ROCKS, SYNCOPATED CROSS AND SIDE ROCKS

1&2&      Rock right behind, recover onto left, rock right foot to right side, recover  
3&4      Rock right behind, recover onto left, step right foot to right side  
5&6&      Rock left foot over right, recover onto right, rock left foot to left side, recover  
7&8      Rock left foot over right, recover onto right, step left foot to left side

## HIP BUMPS TRAVELING FORWARD, PIVOT ½ TURN LEFT, POINT FRONT, SIDE

9&10      Touch right foot forward bumping hips right, left, right (taking weight onto right on last hip bump)  
11&12      Touch left foot forward bumping hips left, right, left (taking weight onto left on last hip bump)  
13-14      Step forward on right, pivot half turn left (weight now on left)  
15-16      Point right toe forward, point right toe out to right side

## SYNCOPATED BACK AND SIDE ROCKS, SYNCOPATED CROSS AND SIDE ROCKS, HIP BUMPS TRAVELING FORWARD, PIVOT ½ TURN LEFT, POINT FRONT, SIDE

17-32      Repeat 1-16

## SYNCOPATED ROCK FORWARD, STEP BACK, ½ TURN LEFT, STEP FORWARD, SYNCOPATED ROCK FORWARD, STEP BACK TWICE, ¼ TURN LEFT

33&34      Rock forward onto right, recover back onto left, step back on right  
35-36      Make half turn over left shoulder stepping forward onto left, step forward onto right  
37&38      Rock forward onto left, recover back onto right, step back on left  
39-40      Step back onto right, turn ¼ left stepping left to side

## TOUCH, HITCH, CROSS, HOLD, AND CROSS TWICE

41&42      Touch right next to left, hitch right leg and cross right over left  
43&44      Hold for one count, step left to side and cross right over left  
45&46      Touch left next to right, hitch left leg and cross left over right  
47&48      Hold for one count, step right to side and cross left over right

## SKATES, ¼ TURNING SHUFFLE RIGHT, SKATES, ¼ TURNING SHUFFLE LEFT

49-50      Skate right, skate left  
51&52      Shuffle turning a quarter to the right  
53-54      Skate left, skate right  
55&56      Shuffle turning a quarter to the left

## SYNCOPATED ROCK STEP, ½ TURN RIGHT, LOCK STEP, PIVOT ½ TURN RIGHT, CROSS POINT

57&58      Rock forward on right, recover back on left, make half turn right step forward on right (rock and turn)  
59&60      Hold for one count, lock left behind right, step right foot forward  
61-62      Step forward on left, pivot half turn right (weight now on right)  
63-64      Cross left over right, point right to side

## REPEAT