

# Atomic 2000

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

拍数: 32                      墙数: 4                      级数:  
编舞者: Dave Hook (UK) & Corinne Hook  
音乐: Atomic - Blondie



Start after the 3 blind mice bit of "Atomic"

## FORWARD SHUFFLES, LEFT, RIGHT

1&2                      Shuffle forward (left-right-left)  
3&4                      Shuffle forward (right-left-right)

## TRIPLE ½ TURN RIGHT, RIGHT SAILOR SHUFFLE

5&6                      ½ turn right triple stepping left, right, left  
7&8                      Step right behind left, step left beside right, step right beside left

## LEFT SAILOR SHUFFLE, ROCK STEP

9&10                     Step left behind right, step right beside left, step left beside right  
11                        Rock back on right  
12                        Replace weight onto left

## FORWARD SHUFFLES, RIGHT, LEFT

13&14                    Shuffle forward (right-left-right)  
15&16                    Shuffle forward (left-right-left)

## TRIPLE ½ TURN LEFT, LEFT SAILOR SHUFFLE

17&18                    ½ turn left triple stepping right, left, right  
19&20                    Step left behind right, step right beside left, step left beside right

## RIGHT SAILOR SHUFFLE, ROCK STEP

21&22                    Step right behind left, step left beside right, step right beside left  
23                        Rock back on left  
24                        Replace weight onto right

## TURNING WALK (POINTING OPTIONAL-ARMS BENT AT ELBOW)

25                        Step forward left (point left hand index finger forward-shooting 1 gun)  
26                        Hold  
27                        Step right into ¼ turn left (point both index fingers forward-shooting 2 guns)  
28                        Hold  
29                        Pivot ½ turn left on ball of right (bend arms up and point both thumbs back towards shoulder)  
30                        Hold  
31                        Pivot ½ turn right on ball of left (point both index fingers forward-shooting 2 guns)  
32                        Hold

## REPEAT

If the music is slow or funky then the shuffles become more cha-cha like.

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