

# Dance Our Way

**COPPER** **NOB**  
BY STEPHENETS

拍数: 64      墙数: 2      级数: Improver  
编舞者: Peter Heath (AUS) & Liz Heath (AUS) - March 2007  
音乐: The Old Fashioned Way - Helen Reddy : (CD: Long Hard Climb)



## Introduction: 1 Beat (Bell) + 3 Silent Counts

### Side, Cross Kick, Twice; Vine Front, Touch; Twice

- 1-2 (1,2) Step Right Foot to Right, Kick Left Foot Across in Front of Right Foot
- 3-4 (1,2) Step Left Foot to Left, Kick Right Foot Across in Front of Left Foot
- 5-8 (1-4) Step Right Foot to Right, Cross Left Foot in Front of Right Foot, Step Right Foot to Right, Touch Left Foot to Right Foot
- 9-12 (1-4) Repeat Beats 3-4, Repeat Beats 1-2
- 13-16 (1-4) Step Left Foot to Left, Cross Right Foot in Front of Left Foot, Step Left Foot to Left, Touch Right Foot to Left Foot

### Slow Scissor; Twice; Vine 4; Turn ¼ Left & Back, Draw 3

- 17-20 (1-4) Step Right Foot to Right, Close Left Foot to Right Foot, Cross Right Foot in Front of Left Foot, Hold
- 21-24 (1-4) Step Left Foot to Left, Close Right Foot to Left Foot, Cross Left Foot in Front of Right Foot, Hold
- 25-28 (1-4) Step Right Foot to Right, Cross Left Foot Behind Right Foot, Step Right Foot to Right, Cross Left Foot in Front of Right Foot
- 29-32 (1-4) Turning ¼ Left Step Right Foot Back, Draw Left Foot to Right Foot Over 3 Beats

### Turn 1/8 Left & Foxtrot Diamond Turn

- 33-36 (1-4) Turning 1/8 Left Step Left Foot Forward on the Diagonal, Hold, Turning a Further 1/8 Left to Face Wall Step Right Foot to Right, Step Left Foot Diagonal Back and Right Turning 1/8 Left
- 37-40 (1-4) Step Right Foot Back on the Same Diagonal, Hold, Turning 1/8 Left to Face Wall Step Left Foot to Left, Cross Right Foot Diagonal Forward and Left Turning 1/8 Left
- 41-44 (1-4) Step Left Foot Forward on the Same Diagonal, Hold, Turning a Further 1/8 Left to Face Wall Step Right Foot to Right, Step Left Foot Diagonal Back and Right Turning 1/8 Left
- 45-48 (1-4) Repeat Beats 37-40 (This will Finish Facing 1/8 Left of Original Direction)

### 1/8 Left Turning Foxtrot; Slow Back Coaster 2

- 49-52 (1-4) Step Left Foot Diagonal Forward on the Same Diagonal, Hold, Turning 1/8 Left Step Right Foot to Right, Close Left Foot to Right Foot
- 53-56 (1-4) Step Right Foot Back, Hold, Close Left Foot to Right Foot, Hold

### Forward Coaster 4; Side & Slow Bump 2

- 57-60 (1-4) Step Right Foot Forward, Close Left Foot to Right Foot, Step Right Foot Back, Close Left Foot to Right Foot
  - 61-64 (1-4) Step Right Foot to Right So Feet Are Apart and Bump Hips Right, Hold, Bump Hips Left, Hold
- REPEAT Substituting the Ending during the 7th Sequence**

### ENDING Side, Draw 3

- 29-32 (1-4) Step Right Foot to Right, Draw Left Foot to Right Foot Over 3 Beats

**Choreographer's Note:** We tried to get the mixture of Ballroom and Showgirl styles of dance that the music inspires. It can also be danced as a facing couples dance without interference with singles. We hope you like it.

