

# She's 24-7

**COPPER KNOB**  
BY STEPHENETS

拍数: 84                      墙数: 4                      级数: Intermediate  
编舞者: Dottie Cadden (USA)  
音乐: 24-7-365 - Neal McCoy : (CD: 24-7-365)



## ROCK, RECOVER, FULL TURN, SHUFFLE, STEP, PIVOT

1-2                      Rock forward on right, recover on left  
3&4                      Full turn right triple right, left, right  
5&6                      Shuffle forward left, right, left  
7-8                      Step forward on right, ½ pivot left taking weight on left

## CROSS, STEP, COASTER, STEP, PIVOT, KICK BALL TOUCH

1-2                      Cross right over left, step left next to right  
3&4                      Right coaster step  
5-6                      Step forward on left, pivot ¼ right taking weight on right  
7&8                      Left kick, ball, touch

## KICK AND STEP, TWIST, KICK AND STEP, TWIST

1&2                      Kick right foot forward, step right under body, step left foot slightly forward  
3                          Twist body ¼ turn right on balls of both feet, as arms open to left shape  
4                          Twist body ¼ turn left on ball of both feet, return arms to normal hold  
5&6                      Kick right foot forward, step right under body, step left foot slightly forward  
7                          Twist body ¼ turn right on balls of both feet, as arms open to left shape  
8                          Twist body ¼ turn left on ball of both feet, return arms to normal hold

## SYNCOPATED CROSS, SHUFFLES

1&2                      Cross right over left, step left slightly back, touch right heel forward  
&3&                      Step right foot back under body, touch left heel forward, step left under body  
4                          Touch right toe next to left  
5&6                      Shuffle forward right, left, right  
7&8                      Shuffle forward left, right, left

## STEP ¼ TURN LEFT, CROSS SHUFFLE, ¼ TURN LEFT ROCK, RECOVER, COASTER STEP

1-2                      Step forward on right, ¼ turn left  
3&4                      Shuffle across left with right, left, right  
5-6                      Turn ¼ turn left with left rocking weight onto it, recover weight to right  
7&8                      Left coaster step

## SHUFFLE, PIVOT, SHUFFLE, PIVOT

1&2                      Shuffle forward right, left, right  
3-4                      Step forward with left, pivot ½ turn right taking weight on right  
5&6                      Shuffle forward left, right, left  
7-8                      Step forward with right, pivot ½ turn left taking weight on left

## KICK AND STEP, TWIST, KICK AND STEP, TWIST

1&2                      Kick right foot forward, step right under body, step left foot slightly forward  
3                          Twist body ¼ turn right on balls of both feet, as arms open to left shape  
4                          Twist body ¼ turn left on ball of both feet, return arms to normal hold  
5&6                      Kick right foot forward, step right under body, step left foot slightly forward  
7                          Twist body ¼ turn right on balls of both feet, as arms open to left shape  
8                          Twist body ¼ turn left on ball of both feet, return arms to normal hold

## SYNCOPATED CROSS, SHUFFLES

1&2                      Cross right over left, step left slightly back, touch right heel forward

&3& Step right foot back under body, touch left heel forward, step left under body  
4 Touch right toe next to left  
5&6 Shuffle forward right, left, right  
7&8 Shuffle forward left, right, left

**REPEAT**

**Email:** [dottiesdancing@aol.com](mailto:dottiesdancing@aol.com), **Website:** <http://www.dottiesdancing.com>

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