

# This Is My Now

**COPPER** **KNOB**  
BY STEPHEN BRETZ

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Joanne Wong (MY) - February 2008  
音乐: This Is My Now - Jordin Sparks



## **WALKS X3, CROSS ROCK, RECOVER, SIDE, ROCK RECOVER, ¼ RIGHT, FULL TURN RIGHT**

- 1 & 2                      Step forward on right (1), step forward on left (&), step forward on right (2)  
3 & 4                      Cross rock left over right (3), recover on right (&), step left to left side (4)  
5 & 6                      Rock back on right (5), recover on left (&), step forward on right, making a ¼ turn right (6)  
7 & 8                      Step back on left, making a ½ turn right (7), step right beside left, making a ½ turn right (&),  
step forward on left (8)

## **PIVOT ½ TURN LEFT, SCISSORS CROSS X2, SPIRAL ½ TURN LEFT**

- 1 & 2                      Step forward on right (1), pivot ½ turn left (&), step forward on right (2)  
3 & 4                      Step left to left side (3), step right beside left (&), cross left over right (4)  
5 & 6                      Step right to right side (5), step left beside right (&), cross right over left (6)  
7 - 8                      Step left to left side (7), make a spiral ½ turn left, ending with left crossed over right, weight  
on right (8)

## **WALKS X4, LIFT, ½ TURN LEFT, FORWARD, SIDE, TOUCH**

- 1 - 2                      Step forward on left (1), step forward on right (2)  
3 & 4                      Step forward on left (3), step forward on right (&), lift left foot behind, body leaning slightly  
forward (4)  
5 - 6                      Step forward on left, making a ½ turn left (5), step forward on right (6)  
7 - 8                      Step left to left side (7), touch right beside left (8)

## **SIDE, CROSS, SIDE, SWEEP, ½ TURN LEFT, ROCK RECOVER, SIDE, SPIRAL FULL TURN RIGHT**

- 1 - 2 & 3                      Step right to right side (1), cross left over right (2), step right to right side (&), step left behind  
right and sweep right foot from front to back (3)  
4 & 5                      Step right behind left (4), step forward on left, making a ¼ turn left (&), step right to right side,  
making a ¼ turn left (5)  
6 & 7 - 8                      Rock back on left (6), recover on right (&), step left to left side (7), make a spiral full turn right,  
ending with right crossed over left, weight on left (8)

## **REPEAT**

**TAG: At the END of wall 2 [6 o'clock], do the following tag before starting the dance:**

### **WALKS X4 (FULL TURN)**

- 1 - 4                      Walk forward 4 steps in a semi-circle, making a ¼ turn right every step starting with right, left,  
right, left (1 - 4)