

# Spirits Up

**COPPER KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Siu Selfridge - May 2009  
音乐: Up - The Saturdays



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## JAZZ BOX, RIGHT FORWARD, ¼ LEFT PIVOT TURN, RIGHT FORWARD, ¼ LEFT PIVOT TURN

1-4      Cross right over left, step left back, step right to right, step left together  
5-6      Step right forward, pivot ¼ left turn  
7-8      Repeat 5-6

## RIGHT GRAPEVINE HEEL JACK, RIGHT KICK FORWARD, LEFT CROSS TOUCH, ¼ TURN LEFT SHUTTLE

1-4      Step right to right side, cross left behind right, step right back, touch left heel forward  
5-6      Kick right forward, cross touch left toe over right  
7&8      Turn ¼ left step left forward, step right together, step left forward

## LEFT FULL TURN, ROCKING CHAIR, RIGHT SIDE, LEFT BEHIND, TURN ¼ RIGHT, LEFT FORWARD

1-2      Make ½ turn left stepping back on right, Make ½ turn left stepping forward on left  
(Optional: walk right forward, walk left forward)  
3&4&      Rock right forward, recover on left, rock right back, recover on left  
5-8      Step right to side, cross left behind right, turn ¼ right to right side, step left forward

## KICK OUT, OUT, HIP BUMPS (RIGHT RIGHT-LEFT LEFT), RIGHT BACK, STEP LEFT ¼

&1-2      Kick right forward, step right slightly right, step left slightly left  
3-4      Weight on right and push hips to right twice  
5-6      Shift weight to left and push hips to left twice  
7-8      Step right back, step left ¼ left side

**REPEAT**

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