

# Stamina

COPPER KNOB  
BY STEPHEN METZ

拍数: 40      墙数: 4      级数: Intermediate  
编舞者: Christopher Petre (USA) - March 2011  
音乐: Stamina - Cassie : (CD: Big R & B Ego)



## (1-8) Step R, Touch L, L Coaster Step, R Shuffle Step, L Side Rock-Recover-Cross

1,2      Step forward R, touch L toe next to R  
3&4      Step back L, step together R, step forward L  
5&6      Step forward R, step together L, step forward R  
7&8      Rock to left side on L, recover weight on R, cross step L over R

## (9-17) R Coaster Cross, L Chasse 1/4 L, Step-1/2L-1/4L, Behind-Side-Cross, and Cross

1&2      Step back R, step together L, cross step R over L  
3&4      Step L to left side, step together R, turn 1/4 left (9:00) step forward L  
5&6      Step forward R, turn 1/2 left (3:00) stepping on to L, turn 1/4 left (12:00) stepping R to right side  
7&8&1      Step L behind R, step R to right side, cross step L over R, step R to right side, cross step L over R

## (18-24) 1/4 R Step R, Step-1/2R-1/4R, R Sailor Step, L Coaster 1/4L

2      Turn 1/4 right (3:00) step forward R  
3&4      Step forward L, turn 1/2 right (9:00) stepping on R, turn 1/4 right (12:00) stepping L to left side  
5&6      Step R behind L, step L to left side, Step R to right side  
7&8      Turn 1/4 left (9:00) stepping back L, step together R, step forward L

## (25-32) R Shuffle, L Rock, Recover, L Coaster Step 1/2 L, Out-Out, Knee Pop (Tuck)

1&2      Step forward R, step together L, step forward R  
3,4      Rock forward on L, recover back on the right foot  
5&6      Turning 1/2 left (3:00) step back on L, step together R, step forward L  
&7,8      Step R to right side, step L to left side, lift R heel popping R knee and tuck against L leg

**(one restart here-during the 3rd wall, will be facing 9:00)**

## (33-40) Knee Roll R & L, R Coaster, Step Pivot 1/2R, Chase Turn 1/2 R

1,2      Roll R knee outwards stepping on R, roll L knee outwards stepping on L  
3&4      Step back R, step together on L, step forward R  
5,6      Step forward on L, turn 1/2 right (9:00) step forward on R  
7&8      Step forward on L, turn 1/2 right (3:00) step forward on R, step forward on L

**Repeat**

**One restart during 3rd wall after count 32**

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