

# Sugar-Free Candy

**COPPER** **KNOB**  
BY STEPHEN METZ

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Sebastiaan Holtland (NL) - May 2011  
音乐: Candy Shop - The Baseballs : (Album: Strings 'n' Stripes 2011)



**Intro: 20 Counts (11 Sec)**

**Sec 1: [1-8] Big Step Side, Back Rock & Recover, 1/4 Turn L, Lock Step Fwd, 1/4 Turn L, Big Step Side, Back Rock & Recover, L Side Chasse, 1/4 Turn L**

1-2&                      Step Rf big to the right, rock Lf behind Rf, recover on Rf (12:00)  
3&4                      Turn 1/4 left (9) step forward on Lf, lock Rf behind Lf, step forward on Lf (Lock step fwd)  
5-6&                      Turn 1/4 left (6) Step Rf big to the right, rock Lf behind Rf, recover on Rf  
7&8                      Step Lf to the left, step Rf beside Lf, turn 1/4 left (3) step forward on Lf (Side Chasse 1/4 L)

**Sec 2: [9-16] Diagonal Kick Fwd, Lift, Back, Walks Back L-R, Back Mambo, Fwd, Brush, 1/4 Turn L, Hop, Out**

1&2                      Kick diagonally forward on Rf, lifting R knee up keep weight onto Lf, step back on Rf (3:00)  
3-4                      Stepping back on Lf, stepping back on Rf weight onto Rf  
5&6                      Mambo Lf back, recover on Rf, step forward on Lf weight onto Lf  
7&8                      Brush forward on Rf, turn 1/4 left (12) hop forward on Lf lifting R knee up keep weight onto Lf, step Rf out to the right take weight onto both feet

**Tag Here - WALL 6 after 16 counts (Facing 9 o'clock)**

**Sec 3: [17-24] Toe Fan R, Toe Fan L, Sailor Step 1/4 Turn R, Fwd Rock / Recover, 1/4 Turn R, Side, Fwd Rock / Recover, Side**

1&2                      Move your R toe out to right while keeping your R heel in contact with the floor, replace next to Lf, move your L toe out to left while keeping your L heel in contact with the floor  
3&4                      Step Lf behind Rf, turn 1/4 right (3) step forward on Rf, step forward on Lf weight onto Lf  
5&6                      Rock forward on Rf, recover on Lf, turn 1/4 right (6) step Rf to the right weight on Rf  
7&8                      Rock forward on Lf, recover on Rf, step Lf to the left weight on Lf (6:00)

**Sec 4: [25-32] Cross, 1/4 Turn R, Back (Push Hips Back), Walks Fwd R-L, Kick ball Step, Rising Slow Step Fwd, Together**

1-2                      Cross Rf over Lf, turn 1/4 right (9) step back on Lf (pushing hips back) weight onto Lf  
3-4                      Stepping forward on Rf, stepping forward on Lf weight onto Lf (walks fwd R-L)  
5&6                      Kick forward on Rf, step Rf back in place on ball, step forward on Lf  
7-8                      Step Rf slow forward (toe up) while you rising and stretching your R leg forward step Rf back in place, step Lf next to Rf take weight onto both feet (9:00)

**Tag Here - WALL 3 after 32 counts (Facing 3 o'clock)**

**TAG: Step Slide, Back Rock & Recover, Side, Together**

1-2&                      Step Lf to the left and drag on Rf, rock Rf behind Lf, recover on Lf  
3-4                      Step Rf to the right, step Lf next to Rf take weight onto both feet

**When you start dancing WALL 8: The music has no beat only vocal you can continue dancing.**

**Start again and have fun!**

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