

# Fight and Overcome

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

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Donna Manning (USA) - September 2013  
音乐: Overcomer - Mandisa



## Sec.1 (1-8) Side Rock, Recover, Forward Rock, Recover, ½ , ½ , ½ Triple Turn

1,2,3,4      Rock L to L Side, Recover to R, L Forward Rock, Recover to R  
5,6,7&8      ½ turn L Step L forward, ½ Turn L Step R back, ¼ turn L stepping L to L side, close R to L, ¼ turn L step L forward (6:00)

## Sec.2 (9-16) Step, ¼ Turn, Step, ½ Turn, ¼ Turn, Touch, Point, Cross Lift

1,2,3,4      Step R forward, ¼ Turn L taking weight to L, Step R forward, ½ Turn R Step L back  
5,6,7,8      ¼ Turn R Step R to side, Touch L toe next to R, Point L toe to L side, Lift L knee across R knee (12:00)

## Sec.3 (17-24) ¼ Turn Step, Ronde, Cross, Side, Behind, Point, Cross, Ronde

1,2,3,4      Turn ¼ L Step L forward, Sweep R back to front, Cross R over L, Step L to L side  
5,6,7,8      R behind L, Point L toe to L side(hips angled to 10:30 working the 9:00 wall), Cross L over R, Sweep R from back to front across L to change angle of hips to 7:30 (9:00)

## Sec.4 (25-32) R Cross Toe Heel Strut, ¼ Turn L Toe Heel Strut, Cross, Hold, Unwind

1,2,3,4      Touch R toe Across L, Drop R Heel, Turn ¼ Turn L touch toe of L forward, Drop L heel (6:00)  
5,6,7,8      Cross the ball of R over L, Hold, Unwind ¾ Turn L taking weight to R foot on 8 (use your R shoulder to spot your new wall) (9:00)

### TAGS:

After wall 4: 4 counts – slow sway with a hip dip L for 2 counts, then R for 2 counts ending weight on R

After wall 8: 16 counts –

### L Rocking Chair, Step, ½ Turn R, Step, Brush

1,2,3,4      L forward rock, recover weight to R, L Back Rock, Recover weight to R  
5,6,7,8      Step L forward, ½ turn R taking weight to R, Step L forward, Brush R

### R Rocking Chair, Step, ½ Turn L, Step, Brush

1,2,3,4      R forward rock, recover weight to L, R back rock, recover weight to L  
5,6,7,8      Step R forward, ½ turn L taking weight to L, Step R forward, Brush L

Please DO NOT alter sheet in any way. You may use in its entirety. Video rights belong to choreographer.  
HAVE FUN!

Contact: [www.dancinfree.com](http://www.dancinfree.com)