

# Work Your Body

COPPER KNOB  
BY STEPHEN

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Dee Musk (UK) - July 2014  
音乐: Heavy Rotation - Anastacia : (Album: Heavy Rotation.)



32 Count Intro – Approx 14 seconds – Track approx 3 mins 26 secs

Track available from [iTunes.co.uk deemusk@btinternet.com](https://www.itunes.co.uk/deemusk@btinternet.com) Dee – 07814 295470

## Side Touch, Point $\frac{1}{4}$ Turn R, Point Cross, Side Rock.

1,2            Step L to L side, touch R toe across L.  
3,4            Point R toe to R side, make a  $\frac{1}{4}$  turn R stepping R beside L.  
5,6            Point L toe to L side, cross L over R.  
7,8            Rock R to R side, recover weight to L. (3 o'clock).

## Behind Side, Cross Shuffle, Side Rock, Behind Point.

1,2            Step R behind L, step L to L side.  
3&4            Cross R over L, step L to L side, cross R over L.  
5,6            Rock L to L side, recover weight to R.  
7,8            Step L behind R, point R to R side. (3 o'clock).

## Cross Hitch, Weave R, Cross Shuffle.

1,2            Cross R over L, hitch knee L over R.  
3-6            Cross L over R, step R to R side, step L behind R, step R to R side.  
7&8            Cross L over R, step R to R side, cross L over R. (3 o'clock).

## Hinge $\frac{1}{2}$ Turn L, Cross Rock, Side Hold, Ball Side Touch.

1,2            Make a  $\frac{1}{4}$  turn L stepping back on R, make a  $\frac{1}{4}$  turn L stepping L to L side.  
3,4            Cross rock R over L, recover weight to L.  
5,6            Step R to R side, hold count 6.  
&7,8            Step L beside R, step R to R side, touch L beside R. \*\*Restart during wall 5\*\* (9 o'clock).

## $\frac{1}{4}$ Turn L Hold, Ball $\frac{1}{4}$ Turn L Cross, $\frac{1}{4}$ Turn R, Step $\frac{1}{2}$ Turn R, Forward Rock.

1,2            Making a  $\frac{1}{4}$  turn L step forward on L, hold count 2.  
&3,4            Step R beside L, make a  $\frac{1}{4}$  turn L crossing L over R, make a  $\frac{1}{4}$  turn R stepping forward on R.  
5,6            Step forward on L, make a  $\frac{1}{2}$  turn R.  
7,8            Rock forward on L, recover weight to R. (12 o'clock).

## Back Rock, $\frac{1}{4}$ Turn L Cross Point, $\frac{1}{2}$ Turn R Cross Point, Cross Back.

1,2            Rock back on L, recover weight to R.  
3,4            Make a  $\frac{1}{4}$  turn L crossing L over R, point R to R side.  
5,6            Make a  $\frac{1}{2}$  turn R crossing R over L, point L to L side.  
7,8            Cross L over R, step back on R. (3 o'clock).

## Side, Touch Ball Cross $\frac{1}{4}$ Turn R, Step $\frac{1}{2}$ Turn R, Step $\frac{1}{4}$ Turn R.

1              Step L to L side.  
2&3            Touch R beside L, step R to R side, cross L over R.  
4              Make a  $\frac{1}{4}$  turn R stepping forward on R.  
5,6            Step forward on L, make a  $\frac{1}{2}$  turn R.  
7,8            Step forward on L, make a  $\frac{1}{4}$  turn R. (3 o'clock).

## Cross Hold, Side Rock Cross, Weave L.

1,2            Cross L over R, hold count 2.

&3,4            Rock R to R side, recover weight to L, cross R over L.  
5-8            Step L to L side, step R behind L, step L to L side, cross R over L. (3 o'clock).

**Restart during wall 5, dance up to and including count 32 – begin again facing 9 o'clock wall.**

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