

# 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 ¼ 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 ¼ 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 ½ Turn L, Cross Rock, Side Hold, Ball Side Touch.

1,2                      Make a ¼ turn L stepping back on R, make a ¼ 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).

## ¼ Turn L Hold, Ball ¼ Turn L Cross, ¼ Turn R, Step ½ Turn R, Forward Rock.

1,2                      Making a ¼ turn L step forward on L, hold count 2.  
&3,4                      Step R beside L, make a ¼ turn L crossing L over R, make a ¼ turn R stepping forward on R.  
5,6                      Step forward on L, make a ½ turn R.  
7,8                      Rock forward on L, recover weight to R. (12 o'clock).

## Back Rock, ¼ Turn L Cross Point, ½ Turn R Cross Point, Cross Back.

1,2                      Rock back on L, recover weight to R.  
3,4                      Make a ¼ turn L crossing L over R, point R to R side.  
5,6                      Make a ½ 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 ¼ Turn R, Step ½ Turn R, Step ¼ 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 ¼ turn R stepping forward on R.  
5,6                      Step forward on L, make a ½ turn R.  
7,8                      Step forward on L, make a ¼ 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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