

# Get My Life On Track!

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

拍数: 64                      墙数: 4                      级数: High Beginner  
编舞者: Sebastiaan Holtland (NL) - July 2014  
音乐: Back To the Earth - Jason Mraz : (CD: Yes! 2014)



24 count intro from ( 07 sec), start dancing at the third vocal rooster (17 sec).

**[1-8] Fwd Coaster Step, Hold, Hips Bumps L-R-L, Hold.**

1-4                      Step Rt forward, step Lf next to Rt, step Rt back, Hold.  
5-8                      Step Lt to the left bump L hip to left, bump R hip to right, bump L hip to left, Hold.

**[9-16] R Step, Lock, Step, Hold, ¼ L, L Step, Lock, Step, Hold.**

1-4                      Step Rt forward, lock Lt behind Rt, step Rt fwd, Hold.  
5-8                      Turn ¼ left (9) step Lt forward, lock Rt behind Lt, step Lt fwd, Hold.

**[17-24] Together Bending Knees 2 Times, ¼ L, Coaster Step, Hold.**

1-4                      Step Rt together Lf bending both knees, coming up, bending both knees, coming up.  
5-8                      Turn ¼ left (6) step Rt slightly back, step Lt next to Rt, step Rt slightly fwd, Hold.

**[25-32] Fwd Rock, Recover, Side Rock, Recover, L Sailor Step, Hold.**

1-4                      Rock Lf fwd, recover on Rt, rock Lt to the side, recover on Rt.  
5-8                      Step Lt behind Rt, step Rt to right, step Lt slightly fwd, Hold.

**[33-40] Heel Grind Steps R-L, L Rock Fwd, Recover, Back, Hold.**

1-4                      Heel grind fwd with Rt (toes from L to R), replace, heel grind fwd with Lt (toes from R to L), replace.  
5-8                      Rock Rt fwd, recover on Lt, step Rt back, Hold.

**[41-48] Walks Back L-R, ¼ L, Fwd Rock, Recover, Replace, Hold.**

1-4                      Walk Lt back, Hold, walk Rt back, Hold.  
5-8                      Turn ¼ left (3) rock Lt forward, recover Rt, recover on Lt, Hold.

**[49-56] Step, Hold, ¼ R, Side, Hold, ½ R, R Rock Fwd, Recover, Replace, Hold.**

1-4                      Step Rt forward, Hold, turn ¼ right (6) step Lt to the left, Hold.  
5-8                      Turn ½ right (12) rock Rt fwd, recover Lt, recover on Rt, Hold.

**[57-64] Walk-Walk-Shuffle Turning ¾ Turn L with Holds.**

1-4                      Turn ¼ left (9) walk Lt fwd, Hold, turn ¼ left (6) walk Rt fwd, Hold.  
5-8                      Turn ¼ left (3) step Lt fwd, lock Rt behind Lt, step Lt fwd, Hold.

Start again and have fun!

Contact: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)