

# A Perfect Recipe

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Gloria Stone (USA) - November 2014  
音樂: Eat Sleep Love You Repeat - Rodney Atkins : (Single)



Start after 16 counts

## TOE, HEEL STRUT RIGHT X2, LINDY RIGHT

1 – 4      Step Right toe to right, Drop heel, Step Left toe over Right, Drop heel  
5&6, 7, 8      Step Right to right, Step Left together, Step Right to right, Rock Left behind Right, Recover Right

## VINE LEFT ¼ TURN WITH SCUFF, ½ PIVOT TURN, TRIPLE FORWARD

1 – 4      Step Left to left, Step Right behind Left, Step Left ¼ turn left, Scuff Right\*  
5, 6, 7&8      Step Right forward, ½ turn left with weight to Left, Step Right forward, Step Left together, Step Right forward

## ROCK, RECOVER, TRIPLE BACK, STEP BACK ¼ TURN LEFT, STEP FORWARD ¼ TURN LEFT, TRIPLE FORWARD

1, 2, 3&4      Rock Left forward, Recover Right, Step Left back, Step Right together, Step Left back  
5, 6, 7&8      Step Right back ¼ turn left, Step Left forward ¼ left, Step Right forward, Step Left together, Step Right forward

## ROCK FORWARD, RECOVER, COASTER STEP, JAZZ BOX

1, 2, 3&4      Rock Left forward, Recover Right, Step Left back, Step Right together, Step Left forward  
5 – 8      Step Right over Left, Step Left back, Step Right back, Step Left over Right

HAVE FUN!!!

\*TAG: On Wall 3 – During the 1st instrumental section do the first 12 counts and add

JAZZ BOX, Restart

5 – 8      Step Right over Left, Step Left back, Step Right back, Step Left over Right, Restart

A special thanks to Sandy Miller for the name of this dance!

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Last Update – 18th Jan 2015