

# Do A Little Dance

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Henry Costa (USA) - November 2015  
音樂: Get Down Tonight - KC and the Sunshine Band : (CD: Best Of...)



## FORWARD RIGHT, FORWARD LEFT, (RUN IN PLACE) RIGHT, LEFT, RIGHT, KICK, BACK, BACK TOUCH, HALF TURN

1-2            forward right, forward left  
3&4            Run in place with high knee lifts Right, Left , Right  
5-6            Kick forward Left, back left  
7-8            back right with a toe touch, ½ turn right stepping down on right

## FORWARD LEFT (HIP & HIP), FORWARD RIGHT (HIP & HIP), FORWARD LEFT, FORWARD RIGHT, HEEL SPLIT (2 TIMES)

1&2            forward left with hip bump, right hip bump, left hip bump  
3&4            forward right with hip bump, left hip bump, right hip bump  
5-6            forward left, forward right  
7&8&          swivel heels apart (making upside down V), return together, swivel heels apart (making upside down V), return together

## HALF MONTEREY TURN, QUARTER MONTEREY TURN

1-2            Touch right to right side, turn ½ turn step right together  
3-4            Touch left to left side, step left together  
5-6            Touch right to right side, turn 1/4 turn step right together  
7-8            Touch left to left side, step left together

## CROSS, SIDE, SAILOR SHUFFLE, FRONT, SIDE, BEHIND, SIDE, FRONT

1-2            cross right over left, step side left  
3&4            cross right behind left, step left to left side, step right in place  
5-6            cross left in front of right, step right to right side  
7&8            step left behind right, step right to right side, cross left in front of right.

## BEGIN AGAIN

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