

# Soundtrack Of Our Lives

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

拍數: 64                      牆數: 2                      級數: Intermediate  
編舞者: Steve Rutter (UK) & Claire Rutter (UK) - March 2016  
音樂: Soundtrack of Our Lives - Tim Redmond : (Album: Soundtrack Of Our Lives)



**(32 Count Intro' From Start Of Main Beat – 26 Secs Approx)**

## **Section 1 - Figure Of Eight Pattern.**

- 1-3                      Step right to right side, cross left behind right, make a quarter turn right stepping forward on right
- 4-5                      Step forward on left, pivot a half turn right
- 6-8                      Make a quarter turn right stepping left to left side, cross right behind left, step left to left side.

## **Section 2 - Cross Rock, Chasse Right, Weave.**

- 1-2                      Cross rock right over left, recover weight onto left.
- 3&4                      Step right to right side, close left beside right, step right to right side.
- 5-6                      Cross left over right, step right to right side.
- 7-8                      Cross left behind right, step right to right side.

## **Section 3 – Cross Rock, Chasse Left, Weave With ¼ Turn Left.**

- 1-2                      Cross rock left over right, recover weight onto right.
- 3&4                      Step left to left side, close right beside left, step left to left side.
- 5-6                      Cross right over left, step left to left side.
- 7-8                      Cross right behind left, make a quarter turn left stepping forward on left.

## **Section 4 – Forward Rock, (Step Back, Kick) x3.**

- 1-2                      Rock forward on right, recover weight onto left.
- 3-4                      Step back on right, low kick left foot forward.
- 5-6                      Step back on left, low kick right foot forward.
- 7-8                      Step back on right, low kick left foot forward.

## **Section 5 – Back Rock, Shuffle ½ Turn Right, Back Rock, Walk Forward.**

- 1-2                      Rock back on left, recover weight onto right.
- 3&4                      Make a half turn right stepping on left, right, left.
- 5-6                      Rock back on right, recover weight onto left.
- 7-8                      Step forward on right, step forward on left.

## **Section 6 – Modified Monterey ½ Turn Right, Crossing Shuffle, Modified Monterey ½ Turn Right.**

- 1-2                      Touch right toe to right side, make a half turn right bringing right beside left.
- 3-4                      Rock left to left side, recover weight onto right.
- 5&6                      Cross left over right, step right to right side, cross left over right.
- 7-8                      Touch right toe to right side, make a half turn right bringing right beside left.

## **Section 7 – Modified Monterey ½ Turn Right Cont', Crossing Shuffle, Toe Struts Making ¾ Turn Left.**

- 1-2                      Rock left to left side, recover weight on right.
- 3&4                      Cross left over right, step right to right side, cross left over right.
- 5-6                      Make a quarter turn left touching right toe back, drop right heel.
- 7-8                      Make a half turn left touching left toe forward, drop left heel.

## **Section 8 – Jazz Jump Forward, Clap, Jazz Jump Back, Clap, Hip Bumps.**

- &1                      Step forward and out on right, step left forward and out on left (Shoulder Width Apart).
- 2                      Clap.
- &3                      Step back and out on right, step back and out on left (Shoulder Width Apart).

4 Clap.

5-8 Bump hips right, bump hips left, bump hips right, bump hips left.

**Begin Again & Enjoy!**

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