

# Don't Waste Another Day

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

拍數: 40      牆數: 4      級數: Intermediate NC2S  
編舞者: Hayley Wheatley (UK) & Jef Camps (BEL) - April 2017  
音樂: More - Tyrone Wells : (Album: Remain - iTunes)



Intro: 16 counts

## S1: STEP FWD, CHASE ½ TURN, FULL SPIRAL TURN, STEP, ROCK FWD/RECOVER, RUNS BACK INTO COASTER

1                    RF step forward  
2&3                LF step forward, make ½ turn R putting weight on RF, LF step forward  
4-5                RF step forward and make a full spiral turn L, LF step forward  
6&                 RF rock forward, recover on LF  
7&8&              RF small step back, LF small step back, RF step back, LF close next to

## S2: PRISSY WALKS, STEP, ¼ PIVOT, CROSS, SIDE, TOUCH BEHIND, REVERSE ½ PIVOT, SWEEP, CROSS, SCISSOR STEP

1-2                RF step forward (slightly across LF), LF step forward (slightly across RF)  
3&4                RF step forward, make ¼ turn L putting weight on LF, RF cross over LF  
&5                 LF step side, RF touch behind LF  
6-7                Make ½ turn R putting weight on RF & sweep LF forward, LF cross over RF  
8&1                RF step side, LF close next to RF, RF cross over LF

## S3: ¾ TURN, TOUCH SIDE, ½ MONTERY TURN, OUT-OUT, SWAYS, JAZZ BOX INTO PRESS

2&3                ¼ turn R & LF step back back, ½ turn R & RF step forward, LF touch side  
4&                 ½ turn L & close LF next to RF, RF step out  
5-6                LF step side and push hips L, push hips R and transfer weight to RF  
7&8&              LF cross over RF, RF step back, LF step side, RF press crossed over LF

## S4: RECOVER/SWEEP BWD, ROCK BACK/RECOVER, STEP, ¾ PIVOT TURN, SWAYS, CROSS, ½ HINGE TURN

1                    Recover on LF while sweeping RF backwards  
2-3                RF rock back while popping L knee up (u can lean/sit back for styling), recover on LF  
4&                 RF step forward, make ¾ turn L putting weight on LF  
5-6                RF step side and sway hips R, push hips L and transfer weight to LF  
7&8&              RF cross over LF, ¼ turn R & LF step back, ¼ turn R & RF step side, LF cross over RF

## S5: NC BASIC, ¼ DIAMOND PATTERN, ¼ TURN FWD, CHASE ½ TURN, FULL TURN TRAVELLING FWD

1-2&                RF big step side, LF close next to RF, RF step slightly across LF  
3-4&                LF big step side, 1/8 turn R & RF step back, LF step back  
5                    3/8 turn R & RF step forward  
6&7                LF step forward, make ½ turn R putting weight on RF, LF step forward  
8&                 ½ turn L & RF step back, ½ turn L & LF step forward

Start over & have fun!

Restart: in wall 3 you'll dance up to counts 8& (1st section) and will restart dancing to 12:00

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