

# My Body Song

**COPPER** **KNOB**  
BY STEPHEN T. S.

拍數: 32      牆數: 4      級數: Improver  
編舞者: Penny Tan (MY) & Flora Lau (MY) - October 2017  
音樂: Body Song - Elena



**Intro – 16 Counts from first beat of music**

**Section 1: Side, Behind, Recover, Side, ¼ L Back, Back Coaster, Forward, Pivot ½ L, Forward, Forward**

1 2 & 3      L to L side, R behind L, Recover on L, ¼ turn to L, Stepping back on R  
4 & 5      Step L back, R beside L, L Forward  
6 & 7      Forward on R, ½ turn to L recovering on L, Forward On R  
8      Step L Forward

**Section 2: Half Diamond, Rumba Box**

1 & 2      Cross R over L, Step L to L side, 1/8 turn R stepping R back  
3 & 4      Cross L behind R, 1/8 turn R stepping R to R side  
5 & 6      Step R to R side, Step L beside R, R forward  
7 & 8      L to L side, R beside L, Back on L

**Section 3: R Back Rock, Recover, R Forward Cha Cha, L Forward, ¼ Turn R, Cross L over R, Side Rock, Recover**

1 & 2      Step R back (Sit back abit with head ½ turn to look Back), Recover on L  
3 & 4      Step R forward, Lock L behind R, Step R Forward  
5 & 6      Step L Forward, ¼ turn to R recovering on R, Cross L over R  
7 8      Step R to R side, Recover on L

**Section 4: Behind, Side, ¼ turn L Forward, L Forward Rock, Recover, ¼ turn L, Syncopated Jazz Box with a Hitch, Cross Shuffle**

1 & 2      Step R behind L, Step L to L side, ¼ turn L Stepping R Forward  
3 & 4      L Forward Rock, Recover on R, ¼ turn L stepping L to L side  
5 a 6 a      Cross R over L, Step L to L side, R to R side, Cross L over R with a Hitch  
7 & 8      Cross R over L, L to L side, Cross R over L

**No Tag No Restart**

**Enjoy & have fun !!**

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