

# Mama's Best Friend

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

拍數: 48      牆數: 2      級數: Improver waltz  
編舞者: Jeanette Copeman - November 2017  
音樂: Mama and Jesus - Mike Manuel : (Album: Back In The Country Again)



Intro: 12 Counts

## S1: WALTZ FORWARD, WALTZ BACK

1 – 2 – 3      Waltz Forward Stepping Left – Right – Left  
4 – 5 – 6      Waltz Back Stepping Right – Left – Right

## S2: TWINKLE RIGHT, TWINKLE LEFT

1 – 2 – 3      Cross Left Over Left, Step Right Beside Left, Step Left Beside Right (Travelling Forward)  
4 – 5 – 6      Cross Right Over Left, Step Left Beside Right, Step Right Beside Left (Travelling Forward)

## S3: WALTZ FORWARD, WALTZ ½ TURN

1 – 2 – 3      Waltz Forward Stepping Left – Right – Left  
4 – 5 – 6      Making ½ Turn Left Waltz Back Stepping Right – Left – Right

## S4: WALTZ ½ TURN, WALTZ BACK

1 – 2 – 3      Making ½ Turn Left Waltz Forward Stepping Left – Right – Left  
4 – 5 – 6      Waltz Back Stepping Right – Left – Right

## S5: FORWARD – POINT – POINT, FORWARD – POINT – POINT

1 – 2 – 3      Step Forward On Left, Point Right To Side, Point Right To Side  
4 – 5 – 6      Step Forward On Right, Point Left To Side, Point Left To Side

## S6: TWINKLE ¼ TURN, TWINKLE

1 – 2 – 3      Cross Left Over Right, Making ¼ Turn Left Step Right Beside Left, Step Left Beside Right  
4 – 5 – 6      Cross Right Over Left, Step Left Beside Right, Step Right Beside Left

## S7: TWINKLE ¼ TURN, TWINKLE

1 – 2 – 3      Cross Left Over Right, Making ¼ Turn Left Step Right Beside Left, Step Left Beside Right  
4 – 5 – 6      Cross Right Over Left, Step Left Beside Right, Step Right Beside Left

## S8: FORWARD – POINT – POINT, FORWARD – POINT – POINT

1 – 2 – 3      Step Forward On Left, Point Right To Side, Point Right To Side  
4 – 5 – 6      Step Forward On Right, Point Left To Side, Point Left To Side (6 O'Clock)

REPEAT

**TAG 1: On Completion Of Walls 1 & 4 (Facing 6 O'Clock) There Is A 3 Count Tag  
ROCK RECOVER – TOUCH**

1 – 2 – 3      Rock Back On Left, Recover Onto Right, Touch Left Beside Right

**TAG 2 & RESTART: On Wall 3 After 1st 6 Counts (Facing 12 O'Clock) There Is A 3 Count Tag Followed By A  
Restart**

**SWAY LEFT – RIGHT – HOLD**

1 – 2 – 3      Sway Hips Left – Right, HOLD

This dance is dedicated to my friend Jan.

Submitted by - phoenix\_adamson09@hotmail.com

