

# Practice Makes Perfect

**COPPER** KNOB  
BY STEPHEN

拍數: 64                      牆數: 2                      級數: Easy Intermediate  
編舞者: Rob Pointer (AUS) - July 2018  
音樂: One Night At a Time - George Strait : (Album: Latest Greatest Straitest Hits - iTunes - 3:50)



**INTRO: 32 Beats. START ON VOCALS (BPM 112) 1 X 4 COUNT BRIDGE.  
START POSITION: FEET TOGETHER – WEIGHT ON LEFT.**

## **BACK ROCK, ½ TURN SHUFFLE, ¼ SIDE ROCK, BEHIND-SIDE-CROSS. (3:00)**

1 - 2                      Step back on R, rock forward on L.  
3 & 4                      Turn ½ L shuffle back, right, left, right.  
5 - 6                      Turn ¼ L stepping L to L side, Rock back onto R.  
7 & 8                      Step L behind R, step R to R side, cross L over R.

## **SIDE ROCK. BEHIND-SIDE-CROSS, SIDE ROCK, ¼ SAILOR STEP. (12:00)**

1 - 2                      Step R to R side, rock back onto L,  
3 & 4                      Step R behind L, step L to L side, cross R over L.  
5 - 6                      Step L to L side, rock back onto R.  
7 & 8                      Sweep L behind R turning ¼ L, step R to R side, step L to L side.

## **FWD ROCK, ½ TURN SHUFFLE, FULL TURN, SHUFFLE FWD. (6:00)**

1 - 2                      Step forward on R, rock back onto L.  
3 & 4                      ½ turn R, shuffle forward, right, left, right.  
5 - 6                      Full turn R , ( stepping L, R, )  
7 & 8                      L shuffle forward, left, right, left.

## **REGGAE TURN CROSS, VINE CROSS (9:00)**

1 - 2                      Cross R over L, step back on L,  
3 - 4                      Turn ¼ R stepping R to R side, cross L over R.  
5 - 6                      Step R to R side, step L behind R.  
7 - 8                      Step R to R side, cross L over R. ###

## **¼ L, STEP BACK, SHUFFLE BACK, BACK ROCK, KICK BALL CHANGE. (6:00)**

1 - 2                      Turn ¼ L stepping back on R, step back on L.  
3 & 4                      R shuffle back, right, left, right.  
5 - 6                      Step back onto L, rock back onto R.  
7 & 8                      Kick L forward, step L, step R.

## **¼ R TOUCH, BACK ROCK, HEEL GRIND ¼ R, COASTER CROSS. (12:00)**

1 - 2                      Step L ¼ turn R, touch R next to L.  
3 - 4                      Step R back, rock back onto L.  
5 - 6                      Heel grind ¼ R. step back on L.  
7 & 8                      Step R back, step L beside R, cross R over L.

## **SIDE TOG, SHUFFLE FWD, CROSS UNWIND, COASTER STEP. (6:00)**

1 - 2                      Step L to L side, step R next to L.  
3 & 4                      L shuffle forward, left, right, left.  
5 - 6                      Cross R over L unwind ½ turn L (weight on R)  
7 & 8                      Step back on L, step R beside L, step L forward.

## **CROSS POINT, CROSS POINT, REGGAE. (6:00)**

1 - 2                      Step/cross R over L, point L toe to L side.

- 3 – 4            Step/cross L over R, point R toe to R side.
- 5 – 6            Cross R over L, step L back.
- 7 – 8            Step R to R side, step L beside R.

**BRIDGE ON WALL 5 (Front) DANCE TO COUNT 32 THEN ADD 4 COUNT BRIDGE : ### R SIDE ROCK, R BACK ROCK.**

**THEN CONTINUE DANCE AT COUNT 33 (YOU WILL BE FACING (9:00) WHEN DOING THE BRIDGE)**

Contact: Rob 0408 054 683 [rpointer@bigpond.com](mailto:rpointer@bigpond.com)

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