

# My Centerfold

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

拍數: 32                      牆數: 4                      級數: High Beginner  
編舞者: Cathy Dacumos (USA) & Claudio Dacumos (USA) - October 2018  
音樂: Centerfold - The J. Geils Band : (Album: Classic Rock)



**Intro: 32 counts Starts with weight on left foot**

**Section 1: Touch forward, touch side, coaster step x 2**

1-2                      Touch right toe forward, touch right toe to right side (12:00)  
3&4                      Step back on right foot, step left foot next to right, step right forward  
5-6                      Touch left toe forward, touch left toe to left side  
7&8                      Step back on left foot, step right next to left, step left forward

**(Restart + Tag here on wall 11)**

**Section 2: Forward rock, recover, shuffle ½ turn right, forward rock, recover, shuffle ½ turn left**

1-2                      Rock forward onto right foot, recover back onto left foot  
3&4                      Make a ½ turn right stepping right, left, right (6:00)  
5-6                      Rock forward on left foot, recover back onto right foot  
7&8                      Make a ½ turn left stepping left, right, left (12:00)

**(Restart here on walls 2, 5, and 9)**

**Section 3: Step forward, ¼ pivot left, crossing shuffle, side rock, recover, behind, side, cross**

1-2                      Step forward on right foot, turn ¼ left changing weight to left foot (9:00)  
3&4                      Step right foot across in front of left, step left to left side, step right across in front of left  
5-6                      Rock onto left foot to left side, recover onto right foot  
7&8                      Step left foot behind right, step right to right side, step left across in front of right

**Section 4: Side rock, recover, sailor ¼ turn right, step forward. left, pivot ¼ right, shuffle forward**

1-2                      Rock onto right foot to right side, recover onto left foot  
3&4                      Make a ¼ turn right stepping right foot behind left, step left to left side, step right to right side(12:00)  
5-6                      Step forward on left foot, turn ¼ right changing weight to right foot (3:00)  
7&8                      Step left foot forward, step right next to left, step left forward

**Restarts: Restart after 16 counts on wall 2 (facing 3 o'clock), on wall 5 (facing 9 o'clock) and on wall 9 (facing 6 o'clock). The music will sound very different on these walls, so it will help in knowing when the Restarts are coming.**

**Restart + Tag: On wall 11, facing the 9 o'clock wall, after the first 8 counts, the music will stop. You will think the song is over. Do the first 8 counts, then just hold ("freeze") until after you hear the singer say 1-2-3-4, then Restart the dance from the beginning as the beat kicks in again.**

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