

# Reggae Ribbons

**COPPER KNOB**  
BY STEPHEN HETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Ann Wood (UK) - July 2019  
音樂: Help Me Make It Through the Night - John Holt : (CD: Reggae At It's Best)



Music available From Amazon 16 Count Intro

## SECTION 1: SIDE ROCK CROSS AND CROSS AND CROSS WITH ¼ LEFT TURN, LEFT MAMBO RIGHT COASTER HEEL

- 1 & 2      Rock Right To Side, Recover On Left Cross Step Right Over Left  
& 3 & 4      Step Left To Left Side, Cross Right Over Left, Make A ¼ Turn Left Stepping Left Forward, Step Right Beside Left (9 O'clock)  
5 & 6      Rock Left Forward, Recover Onto Right, Step Left Back  
7 & 8      Step Right Back, Close Left To Right, Extend Right Heel Forward

## SECTION 2: AND WALK, WALK, MAMBO HALF TURN LEFT, STEP 14 TURN LEFT, CROSS SHUFFLE

- & 1 – 2      Step Right Foot Down, Walk Forward Left, Walk Forward Right,  
3 & 4      Rock Forward On Left, Recover On Right, Make ½ Turn Left Stepping Left Forward (3 O'clock)  
5 - 6      Step Forward Right Make ¼ Turn Left (12 O'clock )  
7 & 8      Cross Right Over Left, Step Left To Left Side, Cross Right Over Left

## SECTION 3: LEFT CHASSE, BACK ROCK SIDE EXTENDED WEAVE TO RIGHT WITH ¼ TURN RIGHT

- 1 & 2      Step Left To Left Side, Close Right To Left, Step Left To Left Side  
3 & 4      Rock Right Behind Left, Recover On To Left Step Right To Right Side  
5 & 6      Step Left Behind Right, Step Right To Right Side, Cross Step Left Over Right  
& 7 & 8      Step Right To Right Side, Step Left Behind Right, Step Right 1/4 Right, Step Left Forward (3 O'clock)

## SECTION 4: RIGHT AND LEFT HEEL JACKS, FORWARD RIGHT MAMBO, ¾ TURNING SHUFFLE TO LEFT

- 1 & 2      Cross Right Over Left, Step Left Back, Extend Right Heel Forward  
& 3 & 4      Step Right Down, Cross Left Over Right, Step Right Back. Extend Left Heel Forward  
& 5 & 6      Step Left Down, Rock Right Forward, Recover Onto Left, Step Right Back  
7 & 8      Make ¾ Turn Left Stepping Left, Right, Left (6 O'clock)