

# Me and the Memory

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

拍數: 32                      牆數: 4                      級數: Easy Intermediate  
編舞者: Heidi Cronjé (SA) - March 2020  
音樂: Alone In the Night - Engelbert Humperdinck : (4:32)



**Note: Easier options are suggested to omit the full turns (Level: Improver)**

**Intro: 16 counts**

## **SECTION 1: 1/2 R SHUFFLE X 3, FWD, 1/4 R**

### **EASIER OPTION: 2 X BACK LOCK STEP, 1/2 R SHUFFLE, FWD, 1/4 R**

1&2                      Turn 1/4 R and step R side, Step L together, Turn 1/4 R and step R fwd (06:00)

**Easier option: Step R back, Lock L over R, Step R back**

3&4                      Turn 1/4 R and step L side, Step R together, Turn 1/4 R and step L back (12:00)

**Easier option: Step L back, Lock R over L, Step L back**

5&6                      Turn 1/4 R and step R side, Step L together, Turn 1/4 R and step R fwd (06:00)

7-8                      Step L fwd, Turn 1/4 R and shift weight to R (09:00)

## **SECTION 2: CROSS LOCK STEP, R SIDE, L BEHIND, FULL R TURN, SIDE ROCK, RECOVER**

### **EASIER OPTION: CROSS LOCK STEP, R WEAVE, SIDE ROCK, RECOVER**

1&2                      Cross L over R, Lock R behind L, Cross L over R

3-4                      Step R side, Cross L behind R

5-6                      Turn 1/2 R and step R side, Turn 1/2 R and step L together (09:00)

**Easier option: Step R side, Cross L over R**

7-8                      Rock R side, Recover L

## **SECTION 3: CROSS LOCK STEP, SIDE, TOGETHER, BACK SHUFFLE, SIDE, TOGETHER**

1&2                      Cross R over L, Lock L behind R, Cross R over L

3-4                      Step L side, Step R together

5&6                      Step L back, Step R together, Step L back

7-8                      Step R side, Step L together

## **SECTION 4: FWD SHUFFLE, ROCK, RECOVER, 1/2 L SHUFFLE, ROCK, RECOVER**

1&2                      Step R fwd, Step L together, Step R fwd

3-4                      Rock L fwd, Recover R

5&6                      Turn 1/4 L and step L side, Step R together, Turn 1/4 L and step L fwd (03:00)

7-8                      Rock R fwd, Recover L

**Start Again. Have fun and Enjoy!**

**Tag (4 C) x 3: (End of walls 2 (06:00), 6 (06:00) and 9 (03:00))**

1-4                      Sway R, Sway L, Rock R fwd, Recover L

**This dance is dedicated to a Rhythmic Thunder line dancer, Annaleen Burden.**

**She is very fond of the dance Bosa Nova and the music to this dance reminds me of the music of the same era.**

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