

# I Understand

**COPPER** KNOB  
BY STEPHEN HETS

拍數: 32      牆數: 2      級數: High Intermediate  
編舞者: Maria Tao (USA) - November 2020  
音樂: I Understand - Herman's Hermits : (Album: Herman's Hermits Original Hits)



**Intro: 32 counts (No Tags; No Restarts)**

**[S1] 1/8 TURN L STEP FWD, CROSS, BACK, BACK, SAILOR STEP 1/4 TURN R, CROSS, BACK, BACK, BACK, SAILOR STEP 1/8 TURN R**

1                    1/8 turn L stepping R forward while sweeping L back to front [10:30]  
2&a3                Cross L over R, step R back, step L back, step R back  
4a5                Cross step L behind R, 1/4 turn R stepping R to R, step L forward while sweeping R back to front [1:30]  
6&a7                Cross R over L, step L back, step R back, step L back  
8a1                Cross step R behind L, 1/8 turn R stepping L to L, step R to R [3:00]

**[S2] SWAY L, SWAY R, 1/4 TURN L FWD, 1/4 TURN L SIDE, SAILOR CROSS, RECOVER, SIDE, TOUCH, LUNGE, 1/4 TURN L, TOGETHER, 1/8 TURN L STEP FWD**

2&a3                Sway L to L, sway R to R, 1/4 turn L stepping L forward, 1/4 turn L stepping R to R [9:00]  
4a5                Cross step L behind, step R to R, cross rock L over R  
6&a7                Recover onto R, step L to L, touch R beside L, lunge R to R  
8a1                Recover onto L making 1/4 turn L stepping L forward, step R next to L, 1/8 turn L stepping L forward [4:30]

**[S3] 3/8 TURN L RUN FWD, PRESS FWD, RECOVER, BACK, CROSS ROCK, RECOVER, BACK, CROSS, 1/4 TURN L & HITCH, 1/2 TURN L SHUFFLE FWD**

2&a3                3/8 turn L run forward stepping R-L-R, press L forward [12:00]  
4a5                Recover weight on R, step L back, cross rock R over L  
6&a7                Recover onto L, step ball of R slightly back, cross L over R, 1/4 turn L stepping R back while hitching L knee slightly [9:00]  
8a1                1/2 turn L shuffle forward stepping L-R-L [3:00]

**[S4] JAZZ BOX 1/4 TURN R, FULL TURN L, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, BACK**

2&a3                Cross R over L, 1/4 turn R stepping L back, step R to R, step L forward [6:00]  
4a5                1/2 turn L stepping R back, hitch L knee slightly, 1/2 turn L stepping L forward  
6&a7                Cross rock R over L, recover onto L, step R to R, cross rock L over R  
8a                 Recover onto R, step ball of L slightly back [6:00]

**START AGAIN!**

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