

# Lasting & True

COPPER KNOB  
BY STEPHEN HETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Frank Heelan (IRE) - January 2021  
音樂: If I Should Fall Behind - Faith Hill



Intro: 32 Counts.

Restart: On wall 6 facing 3.00 dance 28 counts and restart facing 12.00.

**Sec 1: Cross rock recover, chasse right, cross side, sailor ¼ turn.**

1-2            Cross right over left, recover to left.  
3&4           Step right to right, left together, right to right.  
5-6           Cross left over right, step right to right.  
7&8           Turn ¼ left, stepping left behind, recover to right, step left to left. (9.00)

**Sec 2: Shuffle forward, pivot ½ pivot ¼, shuffle forward.**

1&2           Step forward right, left together, forward right.  
3-4           Step forward left, pivot ½ turn right. (3.00)  
5-6           Step forward left, pivot ¼ turn right. (6.00)  
7&8           Step forward left, right together, forward left.

**Sec 3: Mambo step, walk back, walk back, coaster cross, side rock cross.**

1&2           Rock forward right, recover to left, right together.  
3-4           Walk back left, back right.  
5&6           Step back left, right together, cross left over right.  
7&8           Rock right to right, recover to left, cross right over left. (6.00)

**Sec 4: Chasse ¼ turn, pivot ½ turn, shuffle ½ turn, back rock side.**

1&2           Step left to left, right together, turn ¼ left stepping forward left. (3.00)  
3-4           Step forward right, pivot ½ turn left. (9.00)  
5&6           Turn ¼ left step right to right, left together, turn ¼ left, stepping back on right. (3.00)  
7&8           Rock left behind right, recover to right, step left to left

Contact: [heelanjohnl@gmail.com](mailto:heelanjohnl@gmail.com)

---