

# Spice Up!

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

拍數: 64      牆數: 2      級數: Phrased Improver  
編舞者: Shanty Dimas (INA) & Yuli Sucipto (INA) - February 2022  
音樂: Spice Up Your Life - Spice Girls



Sequences: A-Tag-BAA-Tag-BA-Tag-BB

## PART A:32c

### SECTION 1 : CROSS ROCK RECOVER, SIDE SHUFFLE

1 - 2      Cross rock RF over LF(1), recover on LF(2)  
3 & 4      Step RF to right(3) step LF beside RF(&) step RF to right(4)  
5 - 6      Cross rock LF over RF(5) recover on RF(6)  
7 & 8      Step LF to left(7) step RF beside LF(&) step LF to left(8)

### SECTION 2 : BATUCADA, COASTER STEP, PIVOT ¼ R

&1 &2      Step back on R-L-R-L  
&3 &4      Step back on R-L-R-L  
5 & 6      Step RF backward(5) step LF beside RF(&) step RF forward(6)  
7 - 8      Step LF forward(7), turn ¼ R bring weight forward on RF(8)

### SECTION 3 : CROSS SHUFFLE, SIDE ROCK RECOVER

1 & 2      Cross LF over RF(1) step RF beside LF(&) cross LF over RF(2)  
3 - 4      Rock RF to right(3) replace the weight back onto L(4)  
5 & 6      Cross RF over LF(5) step LF beside LF(&) cross RF over LF(6)  
7 - 8      Rock LF to left(7), replace the weight back onto RF(8)

### SECTION 4 : SAILOR STEP L&R turn ¼ R, ROCK STEP, COASTER STEP

1 & 2      Cross LF behind RF(1), step RF beside LF(&) step LF to left(2)  
3 & 4      Cross RF behind LF while turn ¼ R(3), step LF beside RF(&) step RF forward(4)  
5 - 6      Rock LF forward(5), replace the weight back onto RF(6)  
7 & 8      Step LF backward(7), step RF beside LF(&) step LF forward(8)

## PART B: 32c

### SECTION 1 : ROCK SIDE RECOVER BEHIND SIDE CROSS, SIDE ROCK RECOVER, CLOSE

1 - 2      Rock LF to left(1) replace the weight back onto RF(2)  
3 & 4      Cross LF behind RF(3) step RF to right(&) cross LF over RF(4)  
5 - 6      Rock RF to right(5) replace the weight back onto LF(6)  
(do shimmy shimmy for style)  
7      hold 8 Step RF next to LF(7) hold(8)

### SECTION 2 : FORWARD SHUFFLE, VOLTA ½ TURN R

1 & 2      Cross LF over RF(1) step RF beside LF(&) cross LF over RF(2)  
3 - 4      Rock RF to right(3) replace the weight back onto L(4)  
5 & 6      Cross RF over LF(5) step LF beside LF(&) cross RF over LF(6)  
7 - 8      Rock LF to left(7), replace the weight back onto RF(8)

### SECTION 3 : ROCK SIDE RECOVER BEHIND SIDE CROSS, SIDE ROCK RECOVER

1 - 2      Rock LF to left side(1) replace the weight back onto R(2)  
3 & 4      Cross LF behind RF(3) step RF to right(&) cross LF over RF(4)  
5 - 6      Rock RF to right(5), recover on LF(6)  
7 - 8      Close RF next to LF(7) hold 8

### SECTION 4 : WALK R-L(2x), SIDE TOUCH 2x

- 1 - 2 Walk RF(1) Walk LF(2)
- 3 - 4 Walk RF(3) Walk LF(4)
- 5 - 6 Step RF to right(5), touch LF to left(6)
- 7 - 8 Step LF to left(7), touch RF to right(8)

**Tag: 16c**

**SECTION 1 : TRIPLE STEP(R-L) TURN ½ L 2x**

- 1 & 2 Big step RF to right(1), step LF next to RF(&) step RF in place(2)
- 3 & 4 Big step LF to left(3), step RF next to LF(&) step LF in place(4)
- 5 & 6 Turn ½ L step RF to right(5), step LF next to RF(&) step RF in place(6)
- 7 & 8 Big step LF to left(7), step RF next to LF(&) step LF in place(8)

**SECTION 2 : ROCKING CHAIR, RIGHT SLIDE & DRAG**

- 1 - 2 Rock RF forward(1) recover on LF(2)
- 3 & 4 Rock RF backward(3) recover on LF(4)
- 5 - 6 Slide RF to right(5-6)
- 7 - 8 Drag LF to right side(7) close LF next to RF(8)

**NOTE** When you dance the double B at the end of the dance you will need to do stepchange below to start B again :

**PART B SECTION 4**

- 7 - 8 Step LF to left (7), CLOSE RF next to LF (8)

**HAVE FUN, GO DANCE!!**

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