

# For My Hand

**COPPERKNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jo Kinser (UK) & Gregory Danvoie (BEL) - October 2022  
音樂: For My Hand (feat. Ed Sheeran) - Burna Boy



**Intro: 32 cts (0:18 secs)**

## **S1. Walk Forward, Rock Forward Recover, Side Rock Recover, Walk Forward, Back Lock Back**

1-2            RF walk, LF walk  
3&4&        RF rock forward, Recover on LF, RF rock R, Recover on LF  
5-6            RF walk, LF walk  
7&8            RF step back, LF cross over RF, RF step back

## **S2. ½ Turn L, Step Forward, ¼ Turn L, Cross, Cucaracha L&R**

1-2            ½ turn L and LF step forward (6:00), RF step forward  
3-4            ¼ turn L (9:00), RF cross over LF (3:00)  
5-6&        LF step L, RF step next to LF, Change weight to LF  
7-8&        RF step R side, LF step next to RF, Change weight to RF

**Restart – W3**

## **S3. ¼ Turn R Bachata L, Side Cross, R Coaster Step**

1-2            ¼ turn R and LF step L, RF step next to LF  
3-4            LF step L, RF touch next to LF and bring R hip up (7:30)  
5-6            RF step R, LF cross over RF  
7&8            RF step back, LF step next to RF, RF step forward (6:00)

## **S4. Arc ¼ Turn L And Walk Forward, Cha Cha Forward, Rock Recover, Back Point, Recover Flick**

1-2            1/8 turn L and LF step forward, 1/8 turn L and RF step forward (3:00)  
3&4            LF step forward, RF step next to LF, LF step forward  
5-6            RF rock forward, Recover on LF  
&78            RF step back, LF touch forward, Recover on LF and flick RF back

**Restart Wall 3 (6:00) to start. Dance 16 counts and Restart (9:00)**

7-8            RF step R, LF step next to RF (Weight LF) Restart

---