

# My Message to You

**COPPER KNOB**  
BY STEPHEN HETS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Hana Ries (USA) - November 2023  
音樂: Three Little Birds - Bob Marley & The Wailers  
或: Rockin' Around the Christmas Tree - Brenda Lee



Intro 16 Counts. Start dancing on lyrics.  
(Read: R=right foot, L=left foot)  
Rotation - Counter-clockwise

## STEP/HITCH 3X, ROCK/RECOVER, STEP/HITCH 3X, ROCK/RECOVER (12:00→12:00)

1&2&      Step R to right side, Hitch L knee slightly up, Step L down, Hitch R knee slightly up  
3&4&      Step R down, Hitch L knee slightly up, Rock L behind R, Recover to R  
5&6&      Step L to left side, Hitch R knee slightly up, Step R down, Hitch L knee slightly up  
7&8&      Step L down, Hitch R knee slightly up, Rock R behind L, Recover to L

Styling option: On counts 4& (rock/recover) turn ¼ left towards the side wall (face 9:00), then turn back to 12:00 before the next step/hitch. and on counts 8& (rock/recover) – Turn ¼ right towards the side wall (face 3:00), turn back to 12:00 before the next move.

## RHYTHMIC WEAVE, ¼ PIVOT, ROCKING CHAIR, WALK (12:00→9:00)

1-2&3      Step R to right, Step L behind R, Step R to right, Cross L over R  
4&      Step R to right, Turn ¼ left and step L forward  
5&6&      Rock R forward, Recover to L, Rock R back, Recover to L  
7-8      Step R forward, Step L forward

## STEP-TOUCH COMBINATIONS (9:00→9:00)

1&2&      Step R to right, Touch L next to R, Step L to left, Touch R next to L  
3&4&      Step R to right, Step L next to R, Step R to right, Touch L next to R  
5&6&      Step L to left, Touch R next to L, Step R to right, Touch L next to R  
7&8      Step L to left, Step R next to L, Step L to left

Styling option: On counts 1-4 travel slightly diagonally forward right. On counts 5-8 travel slightly diagonally forward left.

## GRINDING ROCKING CHAIR TWICE, FULL REVERSE TURN (9:00→9:00)

1&2&      Grind R heel over L, Recover to L, Rock R back, Recover to L  
3&4&      Grind R heel over L, Recover to L, Rock R back, Recover to L (9:00)  
5&6&      Turn ¼ left and step R to right, Hitch L (6:00), Turn ¼ left and step L down, Hitch R (3:00)  
7&8&      Turn ¼ left and step R down, Hitch L (12:00), Turn ¼ left and step L down, Hitch R (9:00)

REPEAT