

# Grooving Through Noon

**COPPER KNOB**  
BY STEPHEN HETS

拍數: 48      牆數: 1      級數: Improver  
編舞者: Daniel Exton (UK) - January 2024  
音樂: AM to PM - Christina Milian



## S1: Mambo, Coaster, Side Mambo R, Side Mambo L

1&2      Right foot forward, Left foot forward, Right foot back  
3&4      Left foot back, Right foot back, Left foot forward  
5&6      Rock Right to Right side, Recover onto L, Right next to Left  
7&8      Rock Left to Left side, Recover onto R, Left next to Right

## S2: Dorothy x2, Out, Out, Run Back x4

1, 2&      Right to Right diagonal, Left behind Right, Right to Right diagonal  
3, 4&      Left to Left diagonal, Right behind Left, Left to Left diagonal  
5, 6      Right foot out, Left foot out  
7&8&      Run back Right, Left, Right, Left

## S3: Rock Back, Recover, Shuffle, Step, ½, Heel-Toe-Heel-Toe

1, 2      Rock back on Right foot, Recover onto Left  
3&4      Shuffle forward Right-Left-Right  
5, 6      Step forward on Left, ½ turn Right (Weight on R)  
7&8&      Touch Left heel to Left side, Touch Left Toe to Left side, Repeat

## S4: Side, Together, Shuffle, Side Together, Shuffle Back

1, 2      Left to Left side, Right next to Left  
3&4      Shuffle forward Left-Right-Left  
5, 6      Right to Right side, Left next to Right  
7&8      Shuffle back Right-Left-Right

## S5: Chasse, Heel x2, Chasse, Heel x2

1&2      Left to Left side, Right next to Left, Left to Left side  
3, 4      Touch Right heel to Right side, Touch Right heel to Right side  
5&6      Right to Right side, Left next to Right, Right to Right side  
7, 8      Touch Left heel to Left side, Touch Left heel to Left side

## S6: Step, 1/4, Step, 1/4, Box Forward, Kick Ball Change

1, 2      Step Left foot forward, ¼ turn Right  
3, 4      Step Left foot forward, ¼ turn Right  
5&6      Left to Left side, Right next to Left, Left foot forward  
7&8      Kick Right foot forward, Right next to Left, Left next to Right (Weight on L)

## Tag: 16 counts into Wall 5

1, 2      Rock back on Right foot, Recover onto Left  
3, 4      Raise both heels, Place heels back down (Weight on L)