

# Coast to Coast

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

拍數: 48      牆數: 2      級數: Phrased Intermediate  
編舞者: Krista Young (USA) & Ashley Boomershine (USA) - July 2024  
音樂: Space Ghost Coast To Coast - Glass Animals



Intro: 32 counts, start with lyrics

Phrasing: A, A, B, A, A, Tag, B, A, A

\*Second half of B is the same as second half of A

## Phrase A

**[1-8] Walk x2, Heel Grind ¼ Turn, Slide, Camel Walk x2, Rock-Recover Cross**

1-2 Step fwd on RF, step fwd on LF

3&4 Step R heel fwd in front of LF, grind heel with ¼ turn R stepping back on LF, slide back on RF (3:00)

5-6 Step fwd onto LF popping R knee, step fwd onto RF popping L knee

7&8 Step LF to L side, recover onto RF, cross LF in front of RF

**[9-16] Walk x2, Mambo Step Together, Step Touch Swivel x2, Rock-Recover Point**

1-2 Step fwd on RF, step fwd on LF

3&4& Step fwd on RF, recover on LF, step back on RF, step LF next to RF

5&6& [With bent knees] turn ⅛ R while stepping RF diagonally fwd, touch LF next to RF, step LF diagonally fwd, touch RF next to LF (4:30)

7&8 Step fwd on RF, recover onto LF, turn ⅛ R while pointing RF to R side [prepping for full turn] (6:00)

**[17-24] Full Turn, Step, Toe Heel Body Roll, Heel Tap x2, Shuffle**

1-2 Full turn over R shoulder on RF, step LF to L side

3&4 Swivel toes inward, swivel heels inward, body roll from bottom up

5&6& Touch R heel fwd, step RF next to LF, L heel fwd, step LF next to RF

7&8 Turn ⅛ R stepping RF fwd, step LF next to RF, step RF fwd (7:30)

\*On 7&8, keep knees bent and lift shoulders RLR

**[25-32] Cross Unwind, Body Roll Hitch x2, Kick Ball Tap x2**

1-2 Cross LF in front of RF, ⅜ unwind over R shoulder (12:00)

&3&4 Start body roll shifting weight to R side, finish body roll sitting into R hip & hitching L knee, step LF down & start body roll shifting weight to L side, finish body roll sitting into L hip & hitching R knee

5&6 Turn ⅛ L kicking RF fwd (10:30), step RF next to LF, turn ⅛ L pointing LF to L side (9:00)

7&8 Turn ⅛ L kicking LF fwd (7:30), step LF next to RF, turn ⅛ L pointing RF to R side (6:00)

## Phrase B

**[1-8] Cross Drag, Shoulder Roll, ½ Turn R, Shoulder Roll**

1-2 Cross RF in front of LF, drag LF towards RF [pull R arm across body]

3-4 [With bent knees] step LF to L side & roll shoulders R to L

5-6 Cross RF behind LF, straighten legs & turn ½ over R shoulder (6:00)

7-8 Bend knees & drop head back & roll shoulders R to L

\*Feel free to really make this section your own!

**[9-16] Cross Rock-Recover x2, Pony, Point**

1-2& Cross RF in front of LF, step LF to L side, recover onto RF

3-4& Cross LF in front of RF, step RF to R side, recover onto LF

- 5-6& Turn 1/8 L stepping RF fwd (4:30), step LF under RF hitching R knee, press R ball of foot into ground slightly lifting LF, step LF down hitching R knee (pony)
- 7-8 Turn 1/8 R pointing RF to R side [prepping for full turn] (6:00)

**\*Second half of B is the same as second half of A**

**[17-24] Full Turn, Step, Toe Heel Body Roll, Heel Tap x2, Shuffle**

- 1-2 Full turn over R shoulder on RF, step LF to L side
- 3&4 Swivel toes inward, swivel heels inward, body roll from bottom up
- 5&6& Touch R heel fwd, step RF next to LF, L heel fwd, step LF next to RF
- 7&8 Turn 1/8 R stepping RF fwd, step LF next to RF, step RF fwd (7:30)

**\*On 7&8, keep knees bent and lift shoulders RLR**

**[25-32] Cross Unwind, Body Roll Hitch x2, Kick Ball Tap x2**

- 1-2 Cross LF in front of RF, 3/8 unwind over R shoulder (12:00)
- &3&4 Start body roll shifting weight to R side, finish body roll sitting into R hip & hitching L knee, step LF down & start body roll shifting weight to L side, finish body roll sitting into L hip & hitching R knee
- 5&6 Turn 1/8 L kicking RF fwd (10:30), step RF next to LF, turn 1/8 L pointing LF to L side (9:00)
- 7&8 Turn 1/8 L kicking LF fwd (7:30), step LF next to RF, turn 1/8 L pointing RF to R side (6:00)

**Tag**

**[1-10] MOSTLY IMPROV**

- 1-2-3 Pick a pose & hold or bounce
- 4 y&a5&6&7&8& This is your time to shine! Improv with a syncopated body roll, shoulder roll, fast footwork, etc.
- 9 Hold
- &10 Hitch R knee up & lift RF to R so that the shin is parallel to the floor, snap the RF under R knee to return to natural hitch position

**\*\*Anytime you hear the quick beats (which mainly occur during Phrase B and the Tag) feel free to really improv some cool body movement and/or fast footwork!**

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