

Rhythm Nation

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK) - September 2024
音樂: The New Nation - Joybird



One restart during wall 5 – begin again facing 6.00.

#16 Count Intro – Approx 9 secs. Track approx 2 mins 28 secs. BPM 120.
Track available from iTunes. deedeemusk@gmail.com

Step Out Right, Step Out Left, Hold, Ball, Cross, Diagonal Press with Hip Roll x 2.

1,2 Step R out to R side, step L out to L side.
3&4 Hold count 3, step R beside L, cross L over R.
5,6 Press R toe towards 1.30 rolling R hip forward, roll L hip back (knees soft and slightly bent).
7,8 Repeat counts 5-6 above. (12.00).

Side, Hitch, Side, Touch, ¼ Turn Right, Step, ¼ Turn Right, Cross.

1,2 Step R to R side, hitch L knee beside R.
3,4 Step L to L side, touch R beside L.
5,6 Make ¼ turn R stepping forward on R, step forward on L.
7,8 Make ¼ turn R, cross L over R. (6.00).

Side, Drag, Ball, Cross, ¼ Turn Left, Step, ½ Pivot Turn Left, Ball, Walk Left, Walk Right.

1,2 Step R to R side, drag L to beside R.
&3,4 Step L beside R, cross R over L, make ¼ turn L stepping forward on L (3.00).
5,6& Step forward on R, make ½ turn L, step R beside L.
7,8 Walk forward L, walk forward R. (9.00).

Forward Rock, Recover, Ball, Step Back, Touch, ¼ Turn Left, Hold, Ball, Side, Touch Behind.

1,2 Rock forward on L, recover weight to R.
&3,4 Step L beside R, step back R, touch L toe back.
5,6 Make ¼ turn L (weight on L), hold count 6.
&7,8 Step R beside L, step L to L side, touch R toe behind L. (6.00).

****Restart during wall 5 – begin again facing 6.00.**

¼ Turn Right, Hold, Sway Left, Sway Right, ¼ Turn Right, Hold, Sway Right, Sway Left.

1,2 Make ¼ turn R stepping forward on R, hold count 2. (9.00).
3,4 Step L to side swaying L, sway R.
5,6 Make ¼ turn R stepping L to L side, hold count 6. (12.00).
7,8 Sway R, sway L. (12.00).

¼ Turn Right, Hold, Sway Left, Sway Right, ¼ Turn Left, Runaround ½ Turn Left.

1,2 Make ¼ turn R stepping forward on R, hold count 2. (3.00).
3,4 Step L to side swaying L, sway R.
5,6 Turning 1/8 L walk L, turning 1/8 L walk R.
7&8 Completing a ½ turn L run L, R, L. (6.00).

The music finishes during wall 6 at the end of section 4 facing 12.00 - Step R to R Side - Tahdah! - Enjoy and Smile! ☐