

# Catching a Minute

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Daniel Exton (UK) - September 2023  
音樂: When A Woman - Gabrielle



**Intro: 32 Counts. Start at approx 13 secs.**

## **SEC 1: V STEP, TWIST X3, CLAP**

1-2            Right foot out forward, Left foot out forward  
3-4            Return Right foot, Return Left foot  
5-6            Twist heels Left, Twist Toes Left  
7-8            Twist heels Left, Clap (Weight on L)

## **SEC 2: KICK BALL CROSS X2, SIDE ROCK, RECOVER, ROCK BEHIND, RECOVER**

1&2           Kick Right foot out, Right next to Left, Cross Left over Right  
3&4           Kick Right foot out, Right next to Left, Cross Left over Right  
5-6           Rock Right to Right side, Recover onto Left  
7-8           Rock Right behind Left, Recover onto Left

## **SEC 3: SIDE, TOGETHER, CHASSE, CROSS ROCK, RECOVER, SHUFFLE ¼**

1-2           Step Right to Right side, Left next to Right  
3&4           Right to Right side, Left next to Right, Right to Right side  
5-6           Cross Rock Left over Right, Recover onto Right  
7&8           Shuffle Left-Right-Left with ¼ turn Left (9:00)

## **SEC 4: FULL TURN, HEEL SWITCHES & ROCKING CHAIR**

1-2           Turn ½ over Left shoulder stepping Right, Turn ½ over Left shoulder stepping Left (9:00)

### **Option Walk forward Right, Left**

3&4&          Right heel out, Return Right heel, Left heel out, Return Left heel  
5-6           Rock forward on Right foot, Recover onto Left  
7-8           Rock back on Right foot, Recover onto Left

---