

# Kool And Fresh

**COPPER** **NOB**  
BY STEPHEN

拍數: 64      牆數: 4      級數:  
編舞者: Mark Caley (UK) & Jan Caley (UK)  
音樂: Fresh - Kool & The Gang & Liberty X



## WALK FORWARD (TWICE), RIGHT SHUFFLE, SIDE, ROCK, CROSS (TWICE)

1-2      Walk forward right, left  
3&4      Right shuffle forward right, left, right  
5&6      Rock left out to side, recover weight to right, cross left over right  
7&8      Rock right out to side, recover weight to left, cross right over left

## LEFT TRIPLE BACK, ½ TURN RIGHT TRIPLE, PIVOT ½ TURN RIGHT, SHUFFLE FORWARD

9&10      Step back on left, lock right in front of left, step back on left  
11&12      Turning ½ turn right step right, left right  
13-14      Step forward on left, pivot ½ turn right  
15&16      Left shuffle forward (facing 12:00)

## SIDE ROCK, CROSS SHUFFLE, TURN ½ RIGHT, CROSS SHUFFLE

17-18      Rock right out to right side, rock left in place  
19&20      Cross step right over left, step left to left side, cross step right over left  
21-22      Turn ¼ right stepping back on left, turn ¼ right stepping right to right side  
23&24      Cross step left over right, step right to right side, cross step left over right (facing 6:00)

## SIDE ROCK, CROSS SHUFFLE, TURN ½ RIGHT, ½ TURN RIGHT CHASSÉ LEFT

25-26      Rock right out to right side, rock left in place  
27&28      Cross step right over left, step left to left side, cross step right over left  
29-30      Turn ¼ right stepping back on left, turn ¼ right stepping right to right side  
31&32      Make ½ turn right step left to side, close right beside left, left step to side (facing 6:00)

## MAMBO ROCKS, BACK & FORWARD (X4)

33&34      Rock right back and behind left, recover weight to left, step right beside left  
35&36      Rock left back and behind right, recover weight to right, step left beside right  
37&38      Cross rock right over left, recover weight to left, step right beside left  
39&40      Cross rock left over right, recover weight to right, step left beside right

## PIVOT ½ TURN LEFT, RIGHT SHUFFLE FORWARD, FULL TURN RIGHT, LEFT SHUFFLE

41-42      Step forward on right, pivot ½ turn left  
43&44      Right shuffle forward  
45-46      Step left forward turning ½ turn right, on ball of left pivot ½ turn right stepping right forward

### Easy option:

45-46      Walk forward, left, right  
47&48      Left shuffle forward

## CROSS & HEEL & CROSS SHUFFLE & HEEL & CROSS, CHASSE LEFT

49&50&      Cross right over left, step left foot diagonal back left, touch right heel diagonal forward right, step right foot beside left  
51&52&      Cross step left over right, step right slightly to right; cross step left over right, step right to right side  
53&54      Touch left heel diagonally forward left, step left to center, cross step right foot over left  
55&56      Step left to side, close right beside left, step left to side

## CROSS, BACK, TRIPLE TURN ¼ RIGHT, CROSS, BACK, TRIPLE TURN ½ LEFT

57-58 Cross right over left, step back on left  
59&60 Right triple right, left, right turning  $\frac{1}{4}$  right  
61-62 Cross left over right, step back on right  
63&64 Left triple left, right, left turning  $\frac{1}{2}$  left (facing 9:00)

**REPEAT**

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