

# Lightin Up

**COPPER KNOB**  
BY STEPHEN T. C.

拍數: 32      牆數: 4      級數: Improver  
編舞者: Bob Bonett (USA)  
音樂: Soak Up the Sun - Sheryl Crow



## STEP CROSS, STEP CROSS, STEP CROSS, RONDE'

&1-2      Step back on left, cross right over left, hold  
&3-4      Repeat &1-2  
&5-6      Repeat &3-4  
7-8      Slide left foot around to cross over right and take weight

## SIDE SHUFFLE, ROCK RECOVER, ½ PIVOT KICK BALL CHANGE

9&10      Side shuffle, right together left, right to side  
11-12      Rock back on left, recover on right  
13-14      Step forward on left, pivot half turn to right, weight on right  
15&16      Kick left foot forward, step left in place, step right next to left

## STRUTS WITH HIP BUMPS, SAILOR STEP, ½ TURN PIVOT

17&18      Step left toe forward step down left heel(bumping hips left, right, left)  
19&20      Step right toe forward, step down right heel, (bumping hips right, left, right)  
21&22      Step left behind right, step right to side, step left in place  
23-24      Step forward right pivot ½ turn to left(weight on left)

## ROCK RECOVER, ¾ SHUFFLE TURN, SIDE SHUFFLE, SYNCOPATED CROSS

25-26      Rock forward on right, recover on left  
27&28      ¾ Turning shuffle to right, right left right  
29&30      Shuffle to side left right left  
31&32--      Step right behind left, step left to side, cross right over left

## REPEAT

## TAG

### At end of first wall

1&2      Bump hips left, right, left  
3&4      Bump hips right, left, right  
5-6-7-8      Roll hips left, right, left, right(weight on right)

## RESTART

After 10th wall do dance up to and including steps 19&20, then start from beginning