

# Marathon (2000)

COPPER KNOB  
BY STEPHENETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Dottie Wicks (USA)  
音樂: Move Your Body - Eiffel 65



## STEP, HOLD, ½ PIVOT, HOLD, FULL TURN, SHUFFLE

- 1-2            Step forward on right, hold and clap (shin level)  
3-4            Pivot ½ turn to left (weight on left), clap (shoulder level)  
5-6            Turn a full turn left down forward line of dance stepping right, left  
7&8           Shuffle slightly forward right, left, right

## TRAVELING SIDE ROCK, CROSSES

**These 8 counts should be done traveling forward line of dance**

- 1&2            Side rock onto left, recover weight to right foot, cross left over right (weight on left)  
3&4            Side rock onto right, recover weight on left foot, cross right over left (weight. On right)  
5&6            Side rock onto left, recover weight to right foot, cross left over right (weight. On left)  
7&8            Side rock onto right, recover weight on left foot, cross right over left (weight. On right)

## ROCK STEP, ¾ TURN LEFT, BACKWARD TRAVELING JAZZ BOXES

- 1-2            Step forward on left foot, recover weight onto right  
3&4            Shuffle turn ¾ left stepping left, right, left  
5&6            Traveling slightly backwards, cross right over left, step back on left, step right next to left  
(weight on right)  
7&8            Traveling slightly backwards, cross left over right, step back on right, step left next to right  
(weight on left)

## STOMP FORWARD, HOLD, ¼ HEEL SWIVELS, SAILOR STEP, FULL TURN OR HEEL & HOOK

- 1-2            Stomp forward right foot, hold  
3&4            Swivel heels making ¼ turn to left (heels right, left, right) weight on right  
5&6            Left sailor shuffle left, right, left  
7-8            (Every odd wall) keeping weight on left, touch right toe across & front of left foot & unwind full  
turn to left

### Alternate steps for 7-8

- 7-8            (Every even wall) keeping weight on left, dig right heel forward and hook right heel over left  
shin on count 8

## REPEAT

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