

# Meomio

COPPER KNOB  
BY STEPHEN

拍數: 42      牆數: 4      級數: Intermediate  
編舞者: Brenda Nuttall (UK)  
音樂: Jambalaya - Van Morrison & Linda Gail Lewis



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

1&2      Shuffle forward right, left, right  
&      Keeping weight on right, hitch left and pivot ½ turn right  
3&4      Shuffle forward left, right, left  
&      Keeping weight on left pivot full turn left

**Easy option: hold for the final & count**

## SIDE SWITCHES, MODIFIED MONTEREY

5&6      Touch right toe to side, replace right next to right and switch left toe to side  
&7&8      Replace left next to right and point right to side, replace right next to left and at same time turn ½ right taking weight onto right, touch left toe to side

## TWIST ROCK AND KICK FLICK (TWICE), ROCK ½ TURN STEP PIVOT HALF TURN

&1&      Step left next to right, step right in front of left while twisting heels right & left  
2&      Kick right foot forward twice  
3&      Step right in front of left while twisting heels right & left  
4&      Kick right foot forward twice  
5-8      Rock forward on right, recover weight on left, keeping weight on left pivot ½ turn right, step forward on left and pivot ½ turn right

## STEP ¼ PIVOT, ¼ PIVOT, JUMP, JUMP

1-3      Step forward right, step forward left while turning a ¼ right, pivot a ¼ turn right bringing both feet together  
&4      Small jump back with feet together. Small jump back with feet together

**Easy option: &4 walks back right, left**

## SIDE AND BACK SWITCHES WITH CLAPS

5&6&      Point right toe to side, clap, step right next to left and point left toe to side, clap  
7&8&      Touch right heel forward, clap, step right foot next to left, point left toe back and pivot half a turn left jumping on right while kicking left toe forward and clapping

## WEAVE RIGHT, QUARTER TURN RIGHT (TWICE), EXTENDED WEAVE RIGHT

1-4      Step weight onto left, step right to side, step left behind right, step right forward a ¼ turn right  
5-6      Step forward on left and pivot a ¼ right keeping weight on right  
7-8      Cross left in front of right, step right to side,

## ¾ PIVOT RIGHT WITH RONDE, TOUCH, LUNGE OUT LEFT AND RECOVER

1-2      Step left behind right, step right a quarter turn right  
3-4      Keeping weight on right pivot ¾ turn right while sweeping left leg around, touch left next to right keeping weight on right)  
5-6      Lunge left leg and body to left side and recover to original standing position

**Note: while lunging left hold both arms to left and pull as if pulling on a rope**

## MODIFIED RUNNING MEN (TWICE), ¼ TURNING RUNNING MAN, STOMP & FLICK

1&      Jump left forward diagonally and right back diagonally, bring left to place hitching right  
2&      Jump right forward diagonally and left back diagonally, bring right to place hitching left  
3&      Jump left forward while turning ¼ left, bring left to place hitching right

4&                    Stomp right next to left, take weight onto left while flicking right hand in air  
**Easy option: 1-3& can be replaced with heel switches**

**REPEAT**

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