

# Midnight Rambler

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 0      級數:  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)  
音樂: Help Me Make It Through the Night - John Holt



## LEFT FORWARD MAMBO, RIGHT SIDE & BACK ROCK & RECOVER, RIGHT BEHIND, ¼ LEFT & LEFT FORWARD, RIGHT FORWARD, LEFT SCISSOR STEP

1&2      Rock left forward, recover weight on right, step left together  
3&      Rock right back, recover weight on left  
4&      Rock right side, recover weight on left  
5&6      Cross step right behind left, turning ¼ left step left forward, step right forward  
7&8      Step left to left side, step right together, cross step left over right

## TOE STRUT BOX TURNING ¾ LEFT, LEFT & RIGHT SYNCOPATED ROCK & RECOVER

1&      Touch right toes to right side, step right heel down  
2&      Turning ¼ left touch left toes to left side, step left heel down  
3&      Turning ¼ left touch right toes to right side, step right heel down  
4&      Turning ¼ left touch left toes to left side, step left heel down  
5&6      Cross rock right over left, recover weight on left, step right together  
7&8      Cross rock left over right, recover weight on right, step left together

## RIGHT FORWARD ROCK & RECOVER TURNING ½ RIGHT, LEFT FORWARD SHUFFLE, RIGHT & LEFT SIDE ROCK, RECOVER & CROSS STEP BEHIND (TRAVELING BACK)

1&2      Rock right forward, recover weight on left turning ½ right, step right forward  
3&4      Step left forward, step right together, step left forward  
5&6      Rock right foot to right side, recover weight on left, cross step right behind left  
7&8      Rock left foot to left side, recover weight on right, cross step left behind right

Counts 5-8 will travel backwards

## RIGHT TO RIGHT SIDE, LEFT TOUCH TOGETHER, ¼ LEFT & LEFT FORWARD, ¼ LEFT & RIGHT TO RIGHT SIDE, LEFT TOUCH TOGETHER, LEFT HEEL BALL CROSS, ¼ RIGHT COASTER STEP, RIGHT FORWARD

1&2      Step right to right side, touch left together, turning ¼ left step left forward  
3&4      Turning ¼ left step right to right side, touch left together, touch left heel forward on left diagonal  
&5      Step left back, cross step right over left  
6&7      Turning ¼ right step left back, step right together, step left forward  
8      Step right forward

**REPEAT**