

# My Cavan Girl

**COPPER** **KNOB**  
BY STEPHEN BATES

拍數: 32      牆數: 2      級數: Intermediate/Advanced  
編舞者: John Wilson (UK)  
音樂: My Cavan Girl - Dominic Kirwan



## **TOUCH SWEEP STEP, SWEEP BEHIND SIDE CROSS, SWAY SWAY, SWEEP BEHIND SIDE CROSS**

1&2      Touch right toe to front, sweep right leg behind left, step right foot behind left  
&3&4      Sweep left leg behind right, step left foot behind right, step right foot to side, cross left foot across right  
5-6      Sway hips to the right, sway hips to the left  
&7&8      Sweep right leg behind left, step right foot behind left, step left foot to side, cross right foot over left

## **ROCK AND CROSS, ¾ TURN LEFT, BACK AND CROSS TWICE**

1&2      Rock left foot to side, recover weight on right, cross left foot over right  
3&4      Make ¾ turn left stepping right left right  
5&6      Step back on left, step back on right, cross left foot over right  
7&8      Step back on right, step back on left, cross right foot over left

## **FORWARD AND BACK, BACK AND FORWARD, PIVOT ½ TURN, STEP STEP LOCK STEP**

1&2      Rock forward on left, recover weight on right, step back on left  
3&4      Rock back on right, recover weight on left, step forward on right  
5&6      Step forward on left, on ball of feet pivot ½ turn right, step forward on left  
7&8      Step right forward, lock left foot behind right, step forward on right

## **LEFT ROCK ¼ TURN, CROSS, HINGE ½ TURN, STEP, ROCK ½ TURN, ½ TURN, TOE, CURTSEY**

1&2      Rock out on left making ¼ turn right, recover weight on right, cross left over right  
3&4      Step out on right making a hinge ½ turn left, step left beside right, step forward on right  
5&6      Rock back on left, recover weight on right. Step forward on left making a ½ turn right  
7&8      Step back on right foot making a ½ turn right, step forward on left, touch right toe behind left as you bend knees and curtsey

## **REPEAT**

## **TAG**

**Danced at the end of walls 2 and 4**

## **½ TURN PIVOT STEP TWICE, STEP DRAG, STEP TOUCH CURTSEY**

1&2      Step forward on right, ½ turn left pivot, step forward on right  
3&4      Step forward on left, ½ turn right pivot, step forward on left  
5-6      Step right foot out long to side, drag left toe beside right  
7-8      Step left foot out long to side, touch right toe behind left as you bend knees and curtsey

**Dedicated to Parkinsons research. Dancers are invited to make a donation to research at 215 Vauxhall Bridge Road, London, Swiv 1EJ. Cheques payable to Parkinsons Disease Society (Research). Or make a donation to your nearest local Parkinsons support group.**