

# My Noise

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Brian Barakauskas (USA)  
音樂: Bringin' Da Noise - \*NSYNC



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## KICK BALL CHANGE, TOUCH ½ TURN, COASTER BACK, STEP PIVOT

1&2      Kick left foot forward, step left in place, step right next to left  
3-4      Touch left foot out to left side, step left next to right, pivoting ½ turn left  
5&6      Step right foot back, step left next to right, step right foot forward  
7-8      Step left foot forward, pivot ½ turn to the right keeping weight on left (right heel lifted)

## BUMP, BUMP, KICK BALL CHANGE (RAISE THE ROOF), WALK FORWARD, CLAP

1-2      Bump right hip forward/up twice  
3&4      Kick right foot forward, step back on right, touch left in front of right, with body leaning back over right and arms raised in front of face making a "raise the roof" gesture  
5-8      Walk forward left-right-left-right, on last step, step right out to side and clap on last step

## LOOK RIGHT, LOOK LEFT, BODY ROLL, SHAKE UP

1-2      Look right, look left with ¼ turn to the left  
3-4      Body roll back over right leg (now forward direction is towards left leg)  
5-8      Bump left hip up for 4 counts, ending with weight on left

## SHUFFLE RIGHT, KICK AND CROSS, MAMBO RIGHT, MAMBO LEFT (TOUCH)

1&2      Shuffle right-left-right  
3-4      Kick left out to left side, step left over right  
5&6      Step right out to right side, step left in place, step right next to left  
7&8      Step left out to left side, step right in place, touch left next to right

**REPEAT**

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