

# On The Move

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Improver  
編舞者: Charlotte Macari (UK)  
音樂: Ain't No Stoppin' Us Now - McFadden & Whitehead



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## TWO WALKS FORWARD, RIGHT, LEFT, RIGHT MAMBO FORWARD, LEFT COASTER STEP BACK, REPEAT TWO WALKS

1-2            Walk forward on right, walk forward on left  
3&4           Right mambo step forward  
5&6           Left coaster step back  
7-8           Walk forward on right, walk forward on left

## RIGHT KICK, STEP, STEP, HIP BUMPS LEFT THEN RIGHT, BALL STEP, PIVOT TURN

9&10           Kick right foot forward, step right to right side, step left to left side (keeping weight on right foot)  
11-14          Bump hips twice to left side, repeat to right side  
&15-16        Step the left in place, step forward on right, ½ turn pivot left

## STEP RIGHT ¼ TURN LEFT, BEHIND, HEEL JACK, ½ TURN RIGHT, CROSS, ¼ TURN LEFT

17-18           Turn ¼ left, stepping right to right side, step left behind right  
&19&20        Step right to right side, touch left heel to left diagonal, step left in place, cross right over left  
21-22           Turn ¼ right stepping back on left, turn ¼ right stepping to right side  
23-24           Cross left over right, turn ¼ left stepping back on right

## LEFT SHUFFLE BACK, HEEL JACK WITH TOUCH, HEEL JACK WITH STEP, STEP FORWARD, ¼ TURN RIGHT WITH TOUCH

25&26           Shuffle back left, right, left  
&27&28        Step back on right, touch left heel forward, step left in place, touch right next to left  
&29&30        Step back on right, touch left heel forward, step left in place, right step forward  
31-32           Left step forward, turn ¼ right touching right next to left

**REPEAT**

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