

# One Hundred Degrees

**COPPER KNOB**  
BY STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Louise Moss (UK)  
音樂: Summer of Love - Steps



## SHUFFLE, FULL TURN RIGHT, SHUFFLE, ROCK AND RECOVER

- 1&2      Step forward on right foot, close left foot beside right, step forward on right foot  
3-4      With weight on right foot, swivel ½ turn right, stepping weight onto left swivel ½ turn right, step forward on right foot  
5&6      Step forward on left foot, close right foot beside left, step forward on left foot  
7-8      Rock forward on right foot and recover weight on to left

## 1 ½ RIGHT TURNS. SHUFFLE, ROCK AND RECOVER, LEFT COASTER STEP

- 1-2      Swivel ½ turn right on ball of left foot stepping onto right foot, swivel ½ turn right and step back onto left foot, and swivel ½ turn right

**Complete 1 ½ turns right stepping right, left with right foot free for shuffle (1-2). If you don't like too many turns, you can swivel ½ turn right stepping onto right foot, step left foot forward**

- 3&4      Step forward on right foot, close left foot beside right, step forward on right foot  
5-6      Rock forward on left foot and recover weight on right  
7&8      Step left foot back small step, step right foot beside left, step forward small step on left

## PADDLE STEPS LEFT TWICE (½ TURN LEFT), HIP BUMPS

- 1-2      Step right foot small step forward and paddle ¼ turn left  
3-4      Step right foot small step forward and paddle ¼ turn left  
5&6      Step right foot forward small step and bump hips left, right\* at the same time, as you step forward extend right arm, on the first hip bump swivel wrist down and out into the 'stop/halt' position in continuous movement  
7&8      Step left foot forward small step and bump hips right, left at the same time, as you step forward extend left arm, swivel wrist down and out into the "stop/halt" position

## RIGHT KICK BALL CHANGE, HEEL TOUCHES, JUMP, CROSS & UNWIND ½ TURN LEFT, ¼ TURN RIGHT

- 1&2      Kick right foot forward, place right foot beside left, raise left foot and replace beside right  
3      Touch right heel forward over left foot  
4      Touch right heel to right side  
&5      Small jump right to right side, small jump left to left side  
6      Small jump, crossing right foot in front of left  
7      Unwind ½ turn left  
8      On balls of feet ¼ turn right lifting right heel off floor and push knee forward

**REPEAT**