

# The One With...

**COPPER KNOB**  
BY STEPHEN HETS

拍數: 64      牆數: 4      級數: Improver  
編舞者: Gary Lafferty (UK)  
音樂: I'll Be There for You - The Rembrandts



## OUT-IN-OUT, BEHIND-SIDE-CROSS

- 1-4      Point right foot out to right side, touch right foot beside left, point right foot out to right side, hold  
5-8      Cross-step right foot behind left, step to left on left foot, cross-step right foot over left, hold

## OUT-IN-OUT, BEHIND-SIDE-CROSS

- 1-4      Point left foot out to left side, touch left foot beside right, point left foot out to left side, hold  
5-8      Cross-step left foot behind right, step to right on right foot, cross-step left foot over right, hold

## RIGHT MAMBO FORWARD, LEFT COASTER-CROSS

- 1-4      Rock forward on right foot, recover weight onto left foot, step back on right foot, hold  
5-8      Step back on left foot, step on right foot beside left, cross-step left foot over right, hold

## TURN, TURN, POINT, HITCH, SIDE-SHUFFLE

- 1-2      Turn ¼ left, stepping back onto right foot, turn ¼ left, stepping to left on left foot  
3-4      Point right foot out to right side, hitch right knee, raising right foot off floor slightly  
5-8      Step to right on right foot, step on left foot beside right, step to right on right foot, hold

## ROCK BEHIND & SIDE, RIGHT COASTER ¼ TURN

- 1-4      Rock left foot behind right, recover weight onto right foot, large step to left on left foot, hold  
5-8      Turn ¼ right stepping back onto right foot, step on left foot beside right, step forward on right foot, hold

## STEP, CLAP, STEP, CLAP, STEP, ¼ TURN, CROSS, HOLD

- 1-4      Step forward on left foot, hold / clap hands, step forward on right foot, hold / clap hands  
5-8      Step forward on left foot, pivot ¼ turn to right, cross-step left foot over right, hold

## GRAPEVINE TO RIGHT WITH BRUSH, CROSS-ROCK, RECOVER, ¼ TURN, HOLD

- 1-4      Step to right on right foot, cross-step left behind right, step to right on right foot, brush left foot forward  
5-6      Cross-rock left foot over right, recover weight onto left foot  
7-8      Turn ¼ left, stepping forward onto left foot, hold

Restart from here on wall 2

## TOE-STRUT JAZZ BOX, STEP, HOLD

- 1-2      Cross-touch right foot over left, lower right heel to floor  
3-4      Touch left foot back, lower left heel to floor  
5-6      Touch right foot out to right side, lower right heel to floor  
7-8      Step on left foot beside right, hold

REPEAT

RESTART

On wall 2, leave off the last 8 counts and restart from count 1

Dedicated to Dot, Isa, Kirsty, Katie & all at the Kingdom Kickers who have become such good friends of mine since we first met at Coylumbridge. Their support has been fantastic, so this is just a small "thank you" to them

