

# O.U.C.H. (Only U Can Help)

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

拍數: 56      牆數: 4      級數: Intermediate  
編舞者: Tim Allen (UK)  
音樂: The Hard Way - The Dean Brothers



## RIGHT SHUFFLE, STEP PIVOT, LEFT SHUFFLE, SIDE ROCK ¼ LEFT

1&2      Step right foot forward, step left next to right, step right forward  
3-4      Step left foot forward, on the ball of both feet make ½ turn right  
5&6      Step left foot forward, step right next to left, step left forward  
7-8      Rock forward on right foot, rock back onto left making ¼ turn left

## CROSS SHUFFLE, ½ TURN RIGHT, CROSS ROCK, LEFT CHASSE

9&10      Cross right over left, step left next to right, step right over left  
11-12      Make ½ turn right stepping left then right  
13-14      Cross left over right, rock weight back onto right  
15&16      Step left to left side, step right next to left, step left to left side

## RIGHT SHUFFLE, STEP PIVOT, LEFT SHUFFLE, SIDE ROCK ¼ LEFT

17&18      Step right forward, step left beside right, step right forward  
19-20      Step left forward, on ball of both feet make ½ turn right  
21&22      Step left forward, step right beside left, step left forward  
23-24      Rock forward on right, rock back on left making ¼ turn left

## CROSS SHUFFLE, ½ TURN RIGHT, CROSS ROCK, LEFT CHASSE

25&26      Cross right over left, step left to right, step right over left  
27-28      Make ½ turn right stepping left then right  
29-30      Cross left over right, rock weight back onto right  
31&32      Step left to left side step right next to left, step left to left

## 2 JAZZ BOX (HEART BREAK HAND POSITION)

33-34      Cross right over left, step back on left  
35-36      Step right to right side, step left to right  
37-38      Cross right over left, step back left  
39-40      Step right to right, step left to right

Option: means as you do those steps cross both hands over chest.

## 2 SETS OF ROCKS

41-42      Rock forward right, rock back left  
43-44      Rock back right, rock forward onto left  
45-46      Rock forward right, rock back onto left  
47-48      Rock back on right, rock forward onto left

## 2 PADDLE TURNS MAKING 1/8 TURN LEFT, JAZZ BOX WITH TOE POINT, HOLD

49-50      Step right foot slightly forward, on balls of both feet make 1/8 turn left  
51-52      Step right foot slightly forward, on balls of both feet make 1/8 turn left  
53-54      Cross right over left keeping weight on left, hold 1 count  
55-56      Cross right over left keeping weight on left, hold 1 count (clicking fingers is optional on the hold count)

**REPEAT**