

# Perfect Beat

COPPER KNOB  
STEPPERS

拍數: 64      牆數: 4      級數: Improver  
編舞者: Kay Ollerhead & Stephen Ollerhead  
音樂: Keep On Movin' - Five



- 1-4                    Stomp right, kick right foot forward, ¼ right sailor turn  
5-8                    Stomp left, kick left foot forward, ¼ left sailor turn
- 9-11&12            Heel switches:- right, left, right, clap hands twice  
13-16                Jazz box (right over left)
- 17-20                Stomp right foot, hold for 1 count, left shuffle forward(left, right, left)  
21-24                Stomp right foot, hold for 1 count, left shuffle forward(left, right, left)
- Alternative steps**  
17&18&19&20    Right heel, together, left heel, together, right shuffle forward  
21&22&23&24    Left heel, together, right heel, together, left shuffle forward
- 25-28                Step right foot forward, pivot ½ turn left, right shuffle forward (right, left, right)  
29-32                Rock forward on left foot, rock back on right foot, left coaster step
- 33-36                Rock right out to right side, hold, bring left foot to meet right and rock right foot out to right side
- 37-40                Cross rock left foot over right foot, rock back on right foot, shuffle left making a ¼ turn left (left, right, left)
- 41-44                Right kick ball step, body roll over 2 counts  
45-48                Right kick ball step, body roll over 2 counts
- 49-51&52           Rock right foot out to right side, recover onto left foot, cross right foot behind left, step left foot to left side and cross right foot over left foot
- 53-56                Rock left foot to left side, recover onto right foot, left ¼ coaster turn (left, right, left)
- 57-60                Step forward on right foot, ¼ pivot turn left, walk right, left  
61&62-63-64      Kick right foot forward, step back right, step back left (feet shoulder width apart), bring both heels in together, then both toes in

**REPEAT**

**BRIDGE (WHEN DANCED TO FIVE)**

After walls 2 and 3, repeat the first eight steps before starting the next wall