

# Plastered

**COPPER KNOB**  
BY STEPHENETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Mare Dodd (USA)  
音樂: 18 Wheels and a Crowbar - BR5-49



---

## SAILOR SHUFFLES & KICK-BALL-CHANGE

1&2      Right sailor shuffle  
3&4      Left sailor shuffle  
5&6      Right sailor shuffle  
7&8      Left kick-ball-change

## SHUFFLE FORWARD; ½ PIVOT; SHUFFLE FORWARD; ¼ PIVOT

1&2      Shuffle forward left-right-left  
3-4      Step forward on right; pivot ½ left  
5&6      Shuffle forward right-left-right  
7-8      Step forward on left; pivot ¼ left

## SAILOR SHUFFLES & KICK-BALL-CHANGE

1&2      Left sailor shuffle  
3&4      Right sailor shuffle  
5&6      Left sailor shuffle  
7&8      Right kick-ball-change

## SHUFFLE FORWARD; FULL TURN FORWARD; SHUFFLE FORWARD; PIVOT ½

1&2      Shuffle forward right-left-right  
3-4      Moving forward, turn full turn right, stepping left, right  
5&6      Shuffle forward left-right-left  
7-8      Step forward on right; pivot ½ left

**REPEAT**

---