

# Shrek's Best

**COPPER KNOB**  
BY STEPHEN

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Rita M. Kyle (USA)  
音樂: Best Years of Our Lives - Baha Men



## STEP FORWARD, ROCK, TRIPLE, STEP BACK, ROCK, TRIPLE

### Accentuated hip movement throughout dance

- 1-2            Step forward with right, rock back to left
- 3&4           Bring right to center triple in place right-left-right
- 5-6           Step back with left, rock forward on right
- 7&8           Bring left to center triple in place left-right-left

## HIP BUMPS

- 9-10           Bump hips to the right twice
- 11-12          Bump hips to the left twice
- 13-16          Circle hips right to left twice (to the right)

## ROCKING CHAIRS

- 17-18          Step rock forward on right, rock back on left
- 19-20          Step rock back on right, rock forward on left
- 21-24          Repeat 17-20

## RIGHT, LEFT, TRIPLE, ROCK SAILOR

- 25-28          Right to right, left behind right, triple in place right-left-right
- 29-30          Rock forward on left, back on right
- 31&32          Left behind right, right to right, step on left beside right

## CROSS ROCKS, TRIPLE IN PLACE

- 33-34          Step right across left, rock on left
- 35&36          Bring right to center as triple in place right-left-right
- 37-38          Step left across right, rock on right
- 39&40          Bring left to center as triple in place left-right-left

## ROCK FORWARD ½ TURN, TRIPLE IN PLACE, REPEAT

- 41            Rock forward on right
- 42            Shift weight to left as turn ½ right bringing right around
- 43&44          Triple in place right-left-right
- 45            Rock forward on left
- 46            Shift weight to right as turn ½ left bringing left around
- 47&48          Triple in place left-right-left

## JAZZ BOX WITH TOE STRUTS

- 49-50          Step right toe over left, snap right heel down
- 51-52          Step back with left toe, snap left heel down
- 53-54          Step side right with right toe, snap right heel down
- 55-56          Step center with left toe, snap left heel down

## SHUFFLE, TURN ¼, CROSS SHUFFLE, ROCK

- 57&58          Shuffle forward right-left-right
- 59-60          Step forward with left, pivot ¼ right shifting weight to right
- 61&62          Cross shuffle left-right-left (cross left over right, right to right, left to right keeping in front of right)

63            Rock-step right to right  
64            Step on left

**REPEAT**

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