

# Smooth Existence

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Improver  
編舞者: Frida Axelsson (SWE)  
音樂: För Att Du Finns - Sonja Alden



## ROCK, RECOVER, COASTER STEP, FULL TURN RIGHT, ANCHOR STEP

&1      Rock right foot forward  
2      Recover to left foot  
3      Step right foot back  
&      Step left foot next to right foot  
4      Step right foot forward  
5      Step left foot forward, turn ½ right  
6      Step right foot back, turn ½ right  
7      Step left foot forward  
8      Cross right foot behind left foot  
&      Recover weight on left foot  
1      Step right foot back

## FULL TURN LEFT TWICE, SWEEP, SAILOR STEP, ANCHOR STEP, COASTER STEP

&      Step left foot back, turn ½ left  
2      Step right foot forward, turn ½ left  
&      Step left foot back, turn ½ left  
3      Step right foot forward, turn ½ left  
4      Sweep left foot side left, turn 1/8 left  
&      Step right foot beside left foot  
5      Step left foot forward  
&      Step right foot side right  
6      Cross left foot behind right foot  
&      Recover weight on right foot  
7      Step left foot back, turn 1/8 right  
8      Step right foot back  
&      Step left foot beside left foot  
1      Step right foot forward

## STEP, TURN ¼ RIGHT, RECOVER, ROCK, CROSS, SIDE STEP, COASTER STEP TURN ¼ LEFT

2      Step left foot forward and turn ¼ right  
3      Recover weight on right foot  
4      Rock left foot side left  
&      Recover to right foot  
5      Cross left foot over right foot  
6      Step right foot side right  
7      Step left foot back, turn ¼ left  
&      Step right foot beside left foot  
8      Step left foot forward

## SLOW ROCKING CHAIR, 1 ½ TURN RIGHT, STEP, POINT, STEP

1      Rock right foot forward  
2      Recover to left foot  
3      Rock right foot back  
4      Recover to left foot  
5      Step right foot forward, turn ¼ right

& Step left foot side left, turn  $\frac{1}{4}$  right  
6 Step right foot back, turn  $\frac{1}{2}$  right  
& Step left foot forward, turn  $\frac{1}{2}$  right  
7 Step right foot in place  
8 Point left foot forward  
& Step left foot in place

**REPEAT**

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