

# Spirit 2003

**COPPER** KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Improver  
編舞者: Craig Cooke (UK)  
音樂: Spirit In the Sky - Gareth Gates



---

## **CROSS ROCK, CHASSE RIGHT, CROSS, SIDE, SAILOR STEP**

1-2      Cross rock right over left, rock back onto left  
3&4      Chasse right stepping right to right side, left next to right, right to right side  
5-6      Cross left foot over right, step side on right foot  
7&8      Step left behind right, step right to right side, step left to left side

## **HIP SWAYS TWICE, SAILOR ¼ TURN RIGHT, PIVOT ½ TURN, 2X WALKS**

1-2      Sway hips right and left  
3&4      Step right behind left, step left to left side, step right foot forward making ¼ turn right  
5-6      Step forward on left foot pivot ½ turn right  
7-8      Walk forward left and right

## **SHUFFLE FORWARD, ROCK & TRIPLE TURN, ROCK AND TOGETHER**

1&2      Step left foot forward, step right next to left, step forward on left  
3-4      Rock forward on right foot, back on left foot  
5&6      Make a triple full turn over right shoulder stepping right, left, right  
7&8      Rock left to left side & and step left next to right

## **TOUCH & KICK, CROSS SHUFFLE, LEFT SIDE ROCK, CROSS SHUFFLE**

1-2      Turn right knee in and touch right toe next to left instep, kick right foot out to right diagonal  
3&4      Cross right over left, step left to left side, cross right over left  
5-6      Rock left out to left side. Rock side onto right  
7&8      Cross left over right, step right to right side, cross left over right

**REPEAT**

---