

# Swing It

COPPER KNOB  
BY STEPHEN HETS

拍數: 60      牆數: 2      級數: Intermediate/Advanced  
編舞者: Fred Knopp (AUS)  
音樂: Swing - Trace Adkins



## RIGHT SAILOR STEP, LEFT SAILOR STEP, PIVOT HALF TURN RIGHT, LEFT CROSS RIGHT SIDE, LEFT TOUCH, LEFT SIDE, RIGHT CROSS, LEFT SIDE, RIGHT TOUCH

1&2      Step right behind left, step left to left, step right to right  
3&4      Step left behind right, step right to right, step left to left  
&5      Pivot ½ turn right & step on right, step left over right  
&6      Step right to right, touch left heel at diagonal left  
&7      Step left to left, step right over left  
&8      Step left to left, touch right heel at diagonal right

## RIGHT SAILOR STEP, LEFT SAILOR STEP, PIVOT HALF TURN RIGHT, LEFT CROSS RIGHT SIDE, LEFT TOUCH, LEFT SIDE, RIGHT CROSS, LEFT SIDE, RIGHT TOUCH

9&10      Step right behind left, step left to left, step right to right  
11&12      Step left behind right, step right to right, step left to left  
&13      Pivot ½ turn right & step on right, step left over right  
&14      Step right to right, touch left heel at diagonal left  
&15      Step left to left, step right over left  
&16      Step left to left, touch right heel at diagonal right

## HEEL TWIST, LEFT SAMBA SHUFFLE FORWARD, HEEL TWIST, RIGHT SAMBA SHUFFLE FORWARD, HEEL TWIST, LEFT SIDE ROCK, HALF TURN RIGHT, LEFT SIDE ROCK/ STEP

&      Step right next to left & twist left heel in  
17&18      Step left forward & left heel twisted in, step right next to left, step left forward & left heel twisted in  
&      Twist left heel back & twist right heel in  
19&20      Step right forward & right heel twisted in, step left next to right, step right forward & right heel twisted in  
&      Twist right heel back & twist left heel in  
21-22      Rock / step left to left & left heel twisted in, rock onto right & pivot ½ right  
23-24      Rock / step left to left, rock on right

## LEFT BEHIND, RIGHT SIDE, LEFT CROSS, QUARTER PIVOT RIGHT, RIGHT HEEL-BALL-STEP, RIGHT FORWARD PIVOT HALF TURN LEFT, RIGHT FORWARD, LEFT APART

25&26      Step left behind right, step right to right, step left across right  
&      Pivot ¼ right on left  
27&28      Tap right heel forward, step right next to left, step left forward  
29-30      Step right forward, pivot ½ turn left  
31-32      Step right forward, step left to left (shoulder width apart)

## TWIST HEELS QUARTER LEFT, TWIST HEELS HALF RIGHT, LEFT FORWARD, PIVOT HALF TURN RIGHT, LEFT FORWARD, RIGHT FORWARD, PIVOT HALF TURN LEFT, RIGHT FORWARD

33      Twist heels ¼ left (point right hand over left shoulder holding 1 finger up)  
34      Twist heels ½ right (weight on right)  
35-36      Step left forward, pivot ½ turn right  
37-38      Step left forward, step right forward  
39-40      Pivot ½ turn left, step right forward

**TWIST HEELS HALF LEFT, TWIST HEELS HALF RIGHT, LEFT ROCK/ STEP FORWARD, ROCK BACK, RIGHT HALF TURN LEFT, LEFT FORWARD, RIGHT APART, SWING RIGHT KNEE OUT IN OUT**

- 41 Twist heels ½ left (point right hand forward holding 2 finger up)  
42 Twist heels ½ right (weight on right)  
43-44 Rock / step left forward, rock back on right with ½ turn left  
45-46 Step left forward, step right to right (shoulder width apart with weight on left)  
47&48 Push right knee out, in, out leaning right swing right hand & click right fingers when knee out

**SWING RIGHT KNEE IN OUT, HOLD, RIGHT BEHIND, LEFT SIDE WITH QUARTER TURN LEFT, RIGHT FORWARD, PIVOT HALF TURN LEFT, LEFT ROCK/ STEP WITH QUARTER TURN RIGHT**

- &49-50 Push right knee in, out (swing right hand & hold 3 fingers out when knee out), hold  
51&52 Step right behind, step left to left with ¼ turn left, step right forward  
53-54 Pivot ½ turn left, step forward right  
55-56 Rock / step forward left with ¼ turn right, rock on right

**LEFT ROCK/ STEP OVER RIGHT, RIGHT STEP, LEFT STEP, RIGHT ROCK/ STEP OVER LEFT, LEFT STEP, RIGHT STEP, LEFT STOMP**

- 57&58 Rock / step left over right, step back on right, step left to left  
&59&60 Rock / step right over left, step back on left, step right to right, stomp left next to right

**REPEAT**

**TAG**

At the end of the 3rd and 5th reps keep weight on the right foot and add the tag

**LEFT ROCK/ STEP OVER RIGHT, RIGHT STEP, LEFT STEP, RIGHT ROCK/ STEP OVER LEFT, LEFT, STEP, RIGHT STEP, LEFT STOMP**

- 1&2 Rock / step left over right, step back on right, step left to left  
&3&4 Rock / step right over left, step back on left, step right to right, stomp left next to right
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