

# 10 Ton Digger

**COPPER KNOB**  
BY SHEETS

拍數: 64      牆數: 4      級數: Improver  
編舞者: Lynda Blackwood (NZ) & Andrew Blackwood (NZ)  
音樂: Life Begins At Forty - Dave & The Dynamos



## TOE STRUTS TO THE RIGHT

1-2-3-4      Step right toe to right, snap right heel down, cross left toe over right, snap left heel down  
5-6-7-8      Step right toe to right, snap right heel down, cross left toe over right, snap left heel down

## HIP ROLL, TOE STRUTS BACK

1-2-3-4      Stepping right foot just to the right, roll hips right-left-right-left  
5-6-7-8      Step right toe back, snap right heel down, step left toe back, snap left heel down

## RIGHT HEEL HOOK, LEFT HEEL HOOK

1-2-3-4      Touch right heel forward, hook right foot in front of left knee, touch right heel forward, close right foot beside left  
5-6-7-8      Touch left heel forward, hook left foot in front of right knee, touch left heel forward, close left foot beside right

## TWO HEEL SPLITS, 2 X ¼ PADDLE TURN

1-2-3-4      Move heels apart, heels, together, heels apart, heels together  
5-6-7-8      Step right forward, ¼ turn to left, step right forward, ¼ turn to left

## WALK FORWARD, KICK & CLAP, WALK BACK, TOUCH & CLAP

1-2-3-4      Walk forward right, left, right, kick left forward and clap  
5-6-7-8      Walk back right, left, right, touch left beside right and clap

## 2 X MONTEREY TURNS

1-2-3-4      Point right foot to right side, complete ½ turn on left foot, transferring weight to right, touch left foot to left, close left beside right  
5-6-7-8      Repeat previous 4 counts

## STEP, ½ PIVOT TURN, SHUFFLE (TWICE)

1-2-3&4      Step forward on right, ½ pivot turn to left, shuffle forward right, left, right  
5-6-7&8      Step forward on left, ½ pivot turn to right, shuffle forward left, right, left

## STOMP, HOLD, SLOW LEFT TURN

1-2-3-4      Stomp forward on right, hold for three counts  
5-6-7-8      Slow turn to left over four counts with shoulder shimmies, finishing with weight on left

## REPEAT

## RESTART

On wall 3, dance to step 16, then restart  
On wall 6, dance to step 48, then restart

## FINISH

On wall 9 dance to step 44

1-2-3-4-5      Touch right to right, close, touch left to left, close, stomp right forward with hands to side waist height