

# This Old Skin

**COPPERKNOB**  
BY STEPHEN HETS

拍數: 68      牆數: 4      級數: Improver  
編舞者: Julie Carr (UK)  
音樂: This Old Skin - The Beautiful South



## RIGHT TOE HEEL SCUFF FORWARD, RIGHT CROSS BACK CROSS, LEFT SIDE ROCK, RECOVER LEFT CROSS SHUFFLE

1-2            Tap right toe, then scuff right heel forward  
3&4           Cross step right over left step back onto left cross right over left  
5-6           Step left to left side, recover weight onto right  
7&8           Left cross shuffle traveling right stepping on left right left

## STEP ON RIGHT ¼ TURN RIGHT CLAP, STEP ON LEFT ¼ TURN RIGHT -CLAP, RIGHT ROCK BACK RIGHT TRIPLE FORWARD

1-2            Step onto right make ¼ turn right clap  
3-4            Step onto left make ¼ turn right clap, completing ½ turn right  
5-6            Rock back onto right recover weight forward onto left  
7&8            Right triple forward stepping right, left, right

## LEFT FORWARD ROCK RECOVER BACK RIGHT, TRIPLE ¼ TURN LEFT, RIGHT CROSS ROCK, RIGHT SIDE SHUFFLE

1-2            Left forward rock recover back onto right  
3&4            Make ¼ turn left as you do a side triple side together side, stepping left, right, left 3:00  
5-6            Rock right across left, recover on left  
7&8            Right, side together side, side shuffle

## LEFT ROCK BEHIND, RECOVER ON RIGHT, LEFT SIDE SHUFFLE, RIGHT ROCK BACK, RECOVER ON LEFT, MAKE ¼ TURN SHUFFLE RIGHT

1-2            Rock back on left behind right, recover weight on right  
2&3            Make left side together side, side shuffle left, right, left  
5-6            Rock right behind left, recover weight onto left  
7&8            Make ¼ triple turn right, forward shuffle right, left, right

## STEP HITCH, X TWO, FORWARD ROCK COASTER STEP

1-2            Step forward on left, hitch right knee up  
3-4            Step forward on right, hitch left knee up  
5-6            Rock forward onto left recover back on right  
7&8            Left coaster step stepping left back, right together, left forward  
9-16          Repeat 1-8, but mirror image

## ¼ TURN RIGHT, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK RECOVER, RIGHT SAILOR CROSS

1-2            Left step pivot ¼ turn right, weight on right  
3&4            Left cross shuffle, left over right stepping left, right, left traveling right weight ends on left  
5-6            Rock out to right recover weight onto left  
7&8            Right sailor, right behind left, step left to left side, step cross right over left

## LEFT SIDE ROCK, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK RIGHT SAILOR STEP

1-2            Step left to left, recover onto right side  
3&4            Left cross shuffle over right, stepping left, right, left traveling right, weight ends on left  
5-6            Step right to right, recover onto left  
7&8            Right sailor step, right behind left, step left to left, step right to right, weight ends on right

**STEP FORWARD ON LEFT, TAP RIGHT TOE 3 TIMES**

- 1 Step forward on left
- 2-3-4 Tap right toe three times beside left

**REPEAT**

**RESTART**

**On wall 4, dance to count 40m, then add**

- 1-2- Step forward right, hitch left
- 3-4 Step forward left, hitch right

**Then start dance again, 9:00 wall**

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