

# Tough Enough?

**COPPER** KNOB  
BY STEPHENETS

拍數: 0                      牆數: 4                      級數: Advanced  
編舞者: Ari Salonen  
音樂: Ain't Goin' Down (Till The Sun Comes Up) - Garth Brooks



## SECTION A

### HIP BUMPS

- 1-2                      Hip bumps right, hold
- 3-4                      Hip bumps left, hold
- 5-6                      Hip bumps rights, left, bending knees little
- 7-8                      Hip bumps right, left, bend knees (little more)

### FORWARD CROSS JUMPS, BODY ROLL UP

- 9-10                     Jump forward open legs, jump forward cross legs right foot over left
- 11-12                    Jumps back open legs, jump back cross legs right foot behind left
- 13-14                    Turning  $\frac{1}{4}$  right body roll up (knees bended, thrust hips forward and straighten knees, pull hips back and bend knees, keep weight on right foot)
- 15-16                    Body roll up (like above, weight still on right foot)

### PIVOT TURNS WITH CLAP

- 17-18                    Left step back, right step back front of left foot
- 19-20                     $\frac{1}{2}$  pivot left, hip bumps to right (weight on left foot) and clap
- 21-22                    Right step forward, left step forward behind right foot
- 23-24                     $\frac{1}{2}$  pivot left, hip bumps to right (weight on left foot) and clap

### BACKWARD TOE HEEL STRUTS, ROCK STEP

- 25-26                    Right toe back, heel down and snap fingers
- 27-28                    Left toe back, heel down and snap fingers
- 29-30                    Right toe back, heel down and snap fingers
- 31-32                    Rock left foot back, rock back to right foot while turning  $\frac{1}{4}$  right

### FORWARD TOE HEEL STRUTS

- 33-34                    Touch left toe forward, heel down snap fingers
- 35-36                    Touch right toe forward, heel down snap fingers
- 37-38                    Touch left toe forward, heel down snap fingers
- 39-40                    Touch right toe forward, heel down snap fingers

### CROSS GRAPEVINE

- 41-42                    Step left to right over right foot, step right to right next to left
- 43-44                    Step left to right behind right foot, clap
- 45-46                    Step right to left behind left foot, step left to left next to right foot
- 47-48                    Step right to left over left foot, clap

## SECTION B

### $\frac{1}{2}$ PIVOT, ROCK STEPS

- 1-2                      Left step forward,  $\frac{1}{2}$  pivot right
- 3-4                      Left step forward,  $\frac{1}{2}$  pivot right
- 5-6                      Rock step left foot forward, rock step back to right foot
- 7-8                      Rock step left foot back, rock step back to right foot

### SLOW CROSS GRAPEVINE

- 9-10                     Step left foot right over right foot, hold

- 11-12 Step right foot right next to left foot, hold  
13-14 Step left foot right behind right foot, hold  
15-16 Stomp right foot next to left, stomp left foot

## **REPEAT SECTION A**

### **SECTION C APPLE JACKS**

- 1-2 Fan left toe and right heel to left side, fan left toe and right heel to right side  
3-4 Fan right toe and left heel to right side, fan right toe and left heel to left side  
5 Fan right toe and left heel to right side  
& Fan right toe and left heel to left side  
6 Fan left toe and right heel to left side  
& Fan left toe and right heel to right side  
7 Fan right toe and left heel to right side  
& Fan right toe and left heel to left side  
8 Fan right toe to right side and hook left heel across in front of right leg

### **STOMPS, JUMPING JACKS**

- 9-10 Stomp left foot forward left, hold  
11-12 Stomp right foot next to left and bend knees, straighten knees and step right foot back right  
13-14 Jump left foot backward left and touch right heel forward right, jump feet together  
15-16 Jump left foot backward left and touch right heel forward right, jump feet together crossing legs right foot over left

### **½ PIVOTS, JUMPING JACKS**

- 17-18 ½ pivot left and hip bumps to right  
19-20 Jump right foot backward right and touch left heel forward left, jump feet together  
21-22 Jump right foot backward right and touch left heel forward left, jump feet together crossing legs left foot over right  
23-24 ½ pivot right and hip bumps to left

### **BACKWARD TOE HEEL STRUTS, ROCK STEP**

- 25-26 Right toe back, heel down and snap fingers  
27-28 Left toe back, heel down and snap fingers  
29-30 Right toe back, heel down and snap fingers  
31-32 Rock left foot back, rock back to right foot while turning ¼ right

### **FORWARD TOE HEEL STRUTS**

- 33-34 Left toe forward, heel down snap fingers  
35-36 Right toe forward, heel down snap fingers  
37-38 Left toe forward, heel down snap fingers (keep weight on right foot)  
39-40 Stomp left foot forward left, hold

### **STOMP, JUMPING JACKS**

- 41-42 Stomp right foot next to left bending knees, straighten knees and step right foot back right  
43-44 Jump left foot backward left and touch right heel forward right, jump feet together  
45-46 Jump left foot backward left and touch right heel forward right, jump feet together

## **REPEAT SECTION A TWO TIMES**

**The last steps (47-48) stomp left foot next to right so you can start section a hip bumps**

## **REPEAT SECTION A STEPS 1-26**

**Step the last toe heel strut next to left foot so you can start apple jacks**

**REPEAT SECTION C**  
**REPEAT SECTION B**  
**REPEAT SECTION A**

**REPEAT SECTION B WITH STEPS: (B)**

17-18	Step right foot left behind left foot, hold
19-20	Step left foot left next to right foot, hold
21-22	Step right foot left over left foot, hold
23-24	Stomp left foot next to right foot, stomp right foot

**REPEAT SECTION C**

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