

# The Voice Within

COPPERKNOB  
BY STEPHEN METZ

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編舞者: CeeJay (UK)  
音樂: The Voice Within - Christina Aguilera



Sequence: ABC, ABCC, A (till music stops) continue with BC, A. Begin the dance after the first 8 counts, just before "Young girl"

## PART A

Always starts at 12:00 wall

**½ RUMBA BOX, STEP CROSS STEP, SAILOR ¼ TURN LEFT, 2 FULL TURNS (OR SINGLE TURN, STEP, STEP)**

1&2                      Step left to left, step right next to left, step left forward  
3&4                      Step right to right, cross left over right, step right to right  
5&6                      Sailor step making ¼ turn left, (left, right, left)  
7&8&2                      Full left turns stepping right, left, right, left (or single full turn stepping right, left plus two steps forward right, left)

**ROCK FORWARD, RECOVER, BACK LOCK STEP, ROCK BACK, RECOVER, WEAVE**

1-2                      Rock forward onto right, recover back onto left  
3&4                      Step right back, cross left over right, step right back  
5-6                      Rock back onto left, rock forward onto right  
7&8&                      Step left to left, step right behind left, step left to left, cross right over left  
  
1-16                      Repeat the above once

**ROCK RECOVER ¼ TURN, TRIPLE ½ TURN RIGHT, POINT STEP, POINT STEP**

1-2                      Rock left to left, recover onto right making ¼ turn right  
3&4                      Triple ½ turn right stepping left, right, left  
**3&4 can also be: 1 ½ turn right stepping left, right, left**  
5-6                      Point right diagonally forward (2:00), step forward onto right  
7-8                      Point left diagonally forward (10:00), step forward onto left

**POINT TOUCH, UNWIND ¾, STEP HIP BUMPS TWICE**

1-2                      Point right diagonally forward (2:00), touch right over left  
3-4                      Unwind ¾ turn left (weight ends on left - front foot and end of unwind)  
5&6                      Step right forward with hip bumps right, left, right  
7&8                      Step left forward with hip bumps left, right, left

**Repeat above 16 counts in mirror image as follows:**

**ROCK RECOVER ¼ TURN, TRIPLE ½ TURN LEFT, POINT STEP, POINT STEP**

1-2                      Rock right to right, recover onto left making ¼ turn left  
3&4                      Triple ½ turn left stepping right, left, right  
**3&4 can also be: 1 ½ turn left stepping right, left, right**  
5-6                      Point left diagonally forward (10:00), step forward onto left  
7-8                      Point right diagonally forward (2:00), step forward onto right

**POINT TOUCH, UNWIND ¾, STEP HIP BUMPS TWICE**

1-2                      Point left diagonally forward (10:00), touch left over right  
3-4                      (Slow-bending knees) unwind ¾ turn right (weight ends on right - front foot at end of unwind)  
5&6                      Step left forward with hip bumps left, right, left  
7&8                      Step right forward with hip bumps right, left, right

## **PART B**

**Always starts at 3:00 wall**

### **STEP, MONTEREY, SWEEP LEFT, RIGHT, COASTER STEP**

- 1-2 Step left forward with  $\frac{1}{4}$  turn left, point right to right side
- 3-4 Full Monterey turn (to the right), point left to left side
- 5-6 Sweep left behind right, sweep right behind left (moving backwards)
- 7&8 Left coaster step (left, right, left)

### **STEP $\frac{1}{4}$ TURN SWIVELING RIGHT AND LEFT, CHASSES RIGHT AND LEFT WITH BUMPS**

- 1-2 Step right forward making  $\frac{1}{4}$  turn left, (bending knees) swiveling heels and whole body to right (body facing 10:00),
- 3-4 (Bending knees) swivel heels and whole body to left (body facing 2:00) hold
- 5&6 (Facing front) step right to right, step left next to right, step right to right bumping hips right, left right
- 7&8& Step left to left, step right next to left, step left to left, step right next to left bumping hips left right left right

### **STEP, MONTEREY, SWEEP LEFT, RIGHT, COASTER STEP**

- 1-2 Step left forward with  $\frac{1}{4}$  turn left, point right to right side
- 3-4 Full Monterey turn (to the right), point left to left side
- 5-6 Sweep left behind right, sweep right behind left (moving backwards)
- 7&8 Left coaster step (left, right, left)

### **CROSS, $\frac{1}{2}$ TURN RIGHT, STEP, SWAY SWAY, $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{1}{2}$ , TURNS LEFT, ROCK AND CROSS BEHIND**

- 1&2 Cross right over left, make  $\frac{1}{2}$  turn right stepping back onto left, step right to right
- 3-4 Sway onto left, sway onto right
- 5&6 Step left forward with  $\frac{1}{4}$  left turn, step right back with  $\frac{1}{2}$  left turn, step left forward with  $\frac{1}{2}$  left turn
- 7&8 Rock right to right, step left close to right, cross right behind left

## **PART C**

**Always starts at 12:00 wall**

### **ROCK BACK RECOVER SIDE, FORWARD $\frac{1}{2}$ TURN RIGHT, STEP BACK - REPEAT**

- 1&2 Swing and rock left behind right, recover onto right, left large step to left
- 3&4 Step right forward, turn  $\frac{1}{2}$  right stepping back onto left, step back onto right
- 5-8 Repeat 1-4

## **END**

The final A is danced to the end of the second set of 8 (7&8& step left to left, step right behind left, step left to left, cross right over left) then unwind  $\frac{3}{4}$  turn left to face the front (optional)

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