

# Work-A-Holic

COPPER KNOB  
BY STEPHEN METZ

拍數: 64      牆數: 4      級數:  
編舞者: Chris Gibbons (UK)  
音樂: Nice Work If You Can Get It - Burnin' Daylight



## HEEL SWITCHES: RIGHT, LEFT, RIGHT, RIGHT HOOK, SWITCH: RIGHT, LEFT, RIGHT, RIGHT HOOK

1&      Tap right heel forward, step right to place  
2&      Tap left heel forward, step left to place  
3      Tap right heel forward  
4      Hook right foot in front of left shin  
5&      Tap right heel forward, step right to place  
6&      Tap left heel forward, step left to place  
7      Tap right heel forward  
8      Hook right foot in front of left shin

## OUT-OUT, HOLD, IN-IN, HOLD, ROCK FORWARD & BACK

&9      Step right to right side, step left to left side  
10      Hold  
&11      Step right to place, step left to place  
12      Hold  
13      Rock forward onto right  
14      Rock back onto left  
15      Rock back onto right  
16      Rock forward onto left

## RIGHT SHUFFLE FORWARD, STEP, PIVOT, LEFT TURNING SHUFFLE, ROCK BACK & FORWARD

17&18      Step right forward, step left next to right, step right forward  
19      Step left forward  
20      Pivot ½ turn right, stepping onto right foot  
21&22      Stepping left, right, left, turn ½ turn right  
23      Rock back onto right foot  
24      Rock forward onto left

## OUT-OUT, HOLD, IN-IN, HOLD, OUT-OUT, ROCK HIPS: LEFT, RIGHT, LEFT

&25      Step right to right side, step left to left side  
26      Hold  
&27      Step right to place, step left to place  
28      Hold  
&29      Step right to right side, step left to left side  
30-32      Rock hips left, right, left

## RIGHT LINDY, LEFT LINDY-WITH ¼ RIGHT TURN

33&34      Step right to right, step left next to right, step right to right  
35      Rock back onto left foot behind right  
36      Rock forward onto right foot  
37&38      Step left to left, step right next to left, step left to left turning ¼ right, facing 9:00  
39      Rock back onto right foot  
40      Rock forward onto left foot

## ROCK FORWARD & BACK, SWITCH, BACK & FORWARD, FORWARD & BACK, SWITCH, BACK & FORWARD

- 41 Rock forward onto right
- 42& Rock back onto left, step right next to left
- 43 Rock back onto left
- 44 Rock forward onto right
- 45 Rock forward onto left
- 46& Rock back onto right, step left next to right
- 47 Rock back onto right
- 48 Rock forward onto left

**STROLL FORWARD TO RIGHT, STROLL FORWARD TO LEFT**

- 49 Step diagonally forward on right
- 50 Lock left behind right
- 51 Step diagonally forward on right
- 52 Touch left next to right
- 53 Step diagonally forward on left
- 54 Lock right behind left
- 55 Step diagonally forward on left
- 56 Touch right next to left

**OUT-OUT, HOLD, IN-CROSS, HOLD, UNWIND ½ LEFT, ROCK HIPS LEFT, RIGHT, LEFT**

- &57 Step right to right side, step left to left side, keep weight on right foot
- 58 Hold
- &59 Step left to place, cross right over left and step on it
- 60 Hold
- 61 Unwind ½ turn left as you rock hips to right
- 62 Rock hips left
- 63 Rock hips right
- 64 Rock hips left

**REPEAT**

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