

# Jam And Bread

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Improver  
編舞者: Roger Steinberg (UK)  
音樂: Roly Poly - The Chicks



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## ROCK LEFT OVER AND RIGHT, CHASSIS LEFT, ROCK RIGHT OVER LEFT, SHUFFLE ¼ TURN RIGHT

1-2      Rock step left over right, step back on right  
3&4      Step left to left, right next to left, left to left  
5-6      Rock step right over left, step back on left  
7&8      ¼ turn right shuffle right, left, right

## SIDE BEHIND ½ TURN LEFT, SIDE BEHIND, ¼ TURN RIGHT

1-2      Left to left, right behind left,  
3&4      ½ turn shuffle left, right, left  
5-6      Right to right, left behind right  
7&8      ¼ turn shuffle right (right, left, right)

## ROCK FORWARD LEFT AND RIGHT, ½ SHUFFLE TURN LEFT (OR LOCK STEP), ½ TURN LEFT (OR LOCK STEP) RIGHT, LEFT, RIGHT, COASTER STEP

1-2      Rock left forward back on right  
3&4      ½ turn left (left, right, left) or lock step back left, right, left  
5&6      ½ turn left (right, left, right) or lock step back right, left, right  
7&8      Back on left, right next to left, forward on left

## MONTEREY TURN RIGHT, CHASSIS RIGHT ROCK LEFT OVER RIGHT

1-2      Step right to right, swivel on ball of left  
3-4      Step left to left, step left next to right  
5&6      Chasse to the right (right, left, right)  
7-8      Rock left over right, back on right

## REPEAT

The dance ends on the last beat and instead of rock left, right you can shuffle rock left, right, left and wave your hands.

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