

# Into The Groove

**COPPER** KNOB  
BY STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK)  
音樂: R&B Junkie - Janet Jackson



## STEP LEFT FORWARD, RIGHT KICK BALL CHANGE, TOUCH RIGHT NEXT TO LEFT, ¼ LEFT TOUCH RIGHT TO RIGHT SIDE, CROSS STEP RIGHT OVER LEFT, LEFT SIDE ROCK RECOVER CROSS

- 1            Step left foot forward
- 2&3        Kick right foot forward, step right next to left, step left foot forward
- 4-6        Touch right toe next to left instep, ¼ turn left touch right toe to right side, cross step right foot over left
- 7&8        Rock left foot to left side, recover weight on right, cross step left over right

## VINE RIGHT 2, RIGHT SYNCOPATED WEAVE ¼ LEFT, STEP BACK LEFT, TOUCH RIGHT, RIGHT FORWARD LOCK STEP

- 1-2        Step right foot to right side, cross step left behind right
- &3-4       Step weight on to right foot, cross step left over right, turning ¼ left step back on right foot
- 5-6        Step back on left foot, touch right foot in front of left
- 7&8        Step right foot forward, lock step left behind right, step right foot forward

## TOUCH LEFT TOE TO LEFT SIDE, CROSS LEFT OVER RIGHT, RIGHT SIDE ROCK & RECOVER CROSS, ¼ TURN RIGHT & KICK RIGHT FORWARD, LEFT & RIGHT HIP BUMPS

- 1-2        Touch left toe to left side, cross step left over right
- 3&4        Rock right foot to right side, recover weight on left, cross step right over left
- 5-6        Turning ¼ right stepping back on left foot, kick right foot forward
- &7-8       Step down on right foot, as you transfer weight to left foot bump hips left, transfer weight to right foot bump hips right

## STEP LEFT FORWARD, TOUCH RIGHT BEHIND LEFT, LEFT BACK LOCK STEP, MODIFIED MONTEREY

- 1-2        Step left foot forward, touch right toe behind heel of left foot
- 3&4        Step right foot back, lock step left in front of right, step right foot back
- 5-6        Touch left toe to left side, cross step left behind right
- 7-8        Touch right toe to right side, turning ½ right step right foot next to left

## LEFT FORWARD, RIGHT LOCK BEHIND, LEFT FORWARD STEP LOCK STEP, ¼ LEFT PIVOT, RIGHT CROSS SHUFFLE

- 1-2        Step left foot forward, lock step right foot behind left
- 3&4        Step left foot forward, lock step right behind left, step left foot forward
- 5-6        Step right foot forward, turning ¼ left transfer weight on to left foot
- 7&8        Cross step right over left, step left to left side, cross step right over left

## TURN ½ RIGHT, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK & RECOVER, LEFT SYNCOPATED 3 STEP WEAVE

- 1-2        Turning ¼ right step back on left foot, turning ¼ right step right foot to right side
- 3&4        Cross step left over right, step right foot to right side, cross step left over right
- 5-6        Rock step right foot to right side, recover weight on left
- 7&8        Cross step right foot behind left, step left to left side, cross step right foot over left

## LEFT SIDE ROCK & RECOVER, LEFT SAILOR POINT & ¼ LEFT PIVOT, RIGHT CROSS SHUFFLE

- 1-2        Rock left foot to left side, recover weight in right
- 3&4        Cross step left foot behind right, step right to right side, point left toe forward
- &5-6       Step left foot back, step right foot forward, ¼ turn left transferring weight to left foot

7&8                    Cross step right foot over left, step left foot to left side, cross step right foot over left

**TURN ½ RIGHT, ¼ LEFT SYNCOPATED CROSS ROCK & RECOVER, FULL TURN LEFT, RIGHT FORWARD LOCK STEP**

1-2                    Turning ¼ right step back on left foot, turning ¼ right step right foot to right side

3&4                    Cross step left foot over right, recover weight on, ¼ turn left step left foot forward

5-6                    Turning ½ left step right foot back, turning another ½ left step left foot forward

7&8                    Step right foot forward, lock step left behind right, step right foot forward

**For easier option on counts 61-62 you can leave out the full left turn**

**REPEAT**

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