

# Higher Ground

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Improver east coast swing  
編舞者: Nancy Morgan (USA)  
音樂: Higher Ground - Red Hot Chili Peppers



## HEEL AND HEEL AND KICK, KICK, REPEAT

- 1&2      Touch right heel forward, put right next to left as you touch left heel forward  
&3-4      Put left next to right as you kick your right foot forward twice  
&5&6      Put right foot next to left as you touch left heel forward, put left next to right as you touch right heel forward  
&7-8      Put right next to left as you kick your left foot forward twice

## FORWARD ROCK, ½ TURN SHUFFLE, JAZZ BOX SQUARE WITH A TOUCH

- &1-2      Put left next to right as you rock-step forward on right and back on left  
3&4      As you turn ½ turn to your right, shuffle forward  
5-6-7-8      Cross left over right, step back on right, step left to left side, touch right foot next to left

## SIDE SHUFFLE, ROCK STEP, VINE LEFT WITH ¼ TURN

- 1&2      Side shuffle to right - step right to right side, step left next to right, step right to right side  
3-4      Rock back on left and for on right  
5-6-7-8      Vine left with ¼ turn - step left to left side, step right behind left, step left foot forward as you turn ¼ turn to your right, slightly brush right foot forward

## HEEL AND HEEL AND KICK FORWARD, KICK BACK, ½ TURN STEP, LOCK, STEP, STOMP

- 1&2      Touch right heel forward, put right next to left as you touch left heel forward  
&3      Put left next to right as you kick your right foot forward as you lean your body back  
4      Kick your right foot straight back as you lean your body forward (this is to counter your balance)  
5-6-7-8      As you turn ½ turn to your right, set right foot down, lock left foot behind right, step right foot forward, stomp left next to right

## REPEAT

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