

# Heat Of The Dance

**COPPER** **KNOB**  
BY STEPHEN HETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Lorraine Susan Taylor (UK)  
音樂: Storyline - Raddings & Moore



## RUMBA BASICS

1-4            Step right foot forward, rock back onto left foot, step right foot back, hold for one beat  
5-8            Step left foot back, rock forward onto right foot, step left foot forward, hold for one beat

## PIVOT TURN, CUBAN WALKS

1-2            Step right foot forward, pivot ½ turn to left taking weight onto left foot  
3-4            Step right foot forward, hold for one beat  
5-8            Walk forward three small steps left right left (bump hips left right left) hold for one beat

## HEEL JACK, CROSS HOLD, CROSS SHUFFLE

1-2            Step right foot to right, cross left foot behind right foot  
&3-4          Small step back right foot, touch left heel diagonally forward, hold one beat  
&5-6          Small step back left foot, cross right foot in front of left foot, hold one beat  
&7            Step left foot to left, (small steps), cross right foot over left foot  
&8            Step left foot to left, (small steps), cross right foot over left foot

## HEEL JACK, CROSS HOLD, CROSS SHUFFLE

1-2            Step left foot to left, cross right foot behind left foot  
&3-4          Small step back left foot, touch right heel diagonally forward, hold one beat  
&5-6          Small step back right foot, cross left foot in front of right foot, hold one beat  
&7            Step right foot to right (small step), cross left foot over right foot  
&8            Step right foot to right (small step), cross left foot over right foot

## SHIMMY RIGHT & LEFT, PADDLE TURN, CROSS ROCK, TRIPLE ½ TURN, TO RIGHT

1-4            Step right foot to right & shimmy for two beats, tap left foot to right foot  
5-8            Step left foot to left & shimmy for two beats, tap right foot to left foot  
9-12          Step right foot forward, pivot 1/8 turn to left, step right foot forward, pivot 1/8 turn to left  
13-14        Cross right foot over left foot, rock back onto left foot  
15&16        Step right left right turning ½ to right

## SHIMMY LEFT & RIGHT, PADDLE TURN, CROSS ROCK, TRIPLE ½ TURN TO LEFT

1-4            Step left foot to left & shimmy for two beats, tap right foot to left foot  
5-8            Step right foot to right & shimmy for two beats, tap left foot to right foot  
9-12          Step left foot forward, pivot 1/8 turn to right, step left foot forward, pivot 1/8 turn to right  
13-14        Cross left foot over right foot, rock back onto right foot  
15&16        Step left right left turning ½ to left

## REPEAT

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