

# From The Heart

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數:  
編舞者: Leyonee Forbes (UK)  
音樂: The Heart Stops The Clock - James Bonamy



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## STEP SIDE, ROCK, ROCK, RIGHT STEP CLOSE TURN, SPOT TURN, ROCK & CROSS

1-2-3      Step left to left side, cross rock right over left, recover onto right  
4&5      Step right to right side, step left next to right, step right forward making  $\frac{1}{4}$  turn right  
6-7      Step left forward, on balls of feet make  $\frac{1}{2}$  turn right  
8&1      Rock left to left side, step right next to left, cross step left over right

## POINT CROSS, LEFT LOCK LEFT, ROCK, ROCK, COASTER STEP

2-3      Point right to right side, cross step right forward  
4&5      Step left forward, lock step right behind left, step left forward  
6-7      Rock forward right, recover back onto left  
8&1      Step right back, step left next to right, step right forward

## STEP TURN, BEHIND, SIDE, CROSS, ROCK SIDE, RIGHT STEP CLOSE STEP

2-3      Step left forward, on balls of feet make  $\frac{1}{4}$  turn right, weight on right  
4&5      Step left behind, step right to right side, cross step left over right  
6-7      Side rock right to right side, recover onto left  
8&1      Step right to right side, step left next to right, step right to right side

## ROCK & CROSS, ROCK & TURN, SPOT TURN, STEP CLOSE STEP

2&3      Cross rock left over right, recover onto right, step left to left side  
4&5      Cross rock right over left, recover onto left, step right forward making  $\frac{1}{4}$  turn right  
6-7      Step left forward, on balls of feet make  $\frac{1}{2}$  turn right  
8&1      Step left to left side, step right next to left, step left to left side

**REPEAT**

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