

Get A Grip...

COPPER KNOB
BY STEPHEN BATES

拍數: 48 牆數: 2 級數: Intermediate / Advanced
編舞者: Neville Fitzgerald (UK)
音樂: You Make Me Sick - P!nk



SIDE, ROCK & POINT HITCH CROSS, & SIDE, CROSS, BACK CROSS BACK

1-2& Step left to left side, rock right behind left, recover on right
3&4 Point right to right side, hitch right knee to right diagonal, cross step right over left
&5-6 Step back on left, step right to right side, cross step left over right
7&8 Step back on right, cross/lock left over right, step back on right (12:00)

¼ TURN, SIDE, ROCK & SIDE, SAILOR ¼ TURN, DIAGONAL COASTER STEP, TAP, TAP, STEP

&1 Make ¼ turn to left stepping forward on left, step right to right side (9:00)
2&3 Cross rock left behind right, recover on right, step left to left side
4&5 Cross step right behind left, ¼ turn to left stepping forward on left, step right to right side (6:00)
6&7 Turn 1/8th to left stepping back on left, step right next to left, step forward on left (4:30)
&8& Tap right toe next to left heel, tap right toe next to left heel, back on right

CROSS, BACK, SIDE, CROSS STEP CROSS, ¼, ½, ¼ ROCK &

1-2 Cross/lock left over right, step back on right
3 Make 1/8th turn left stepping left to left side (3:00)
4&5 Cross step right over left, step left to left side, cross step right over left
6-7 Make ¼ turn to right stepping back on left, ½ turn to right stepping forward on right (12:00)
8& Make ¼ turn to right rocking left to left side, recover on right (3:00)

CROSS, ¼ TURN, BACK, CROSS BACK CROSS, BACK, BACK, CROSS, SIDE, BACK, CROSS

1-2 Cross step left over right, make ¼ turn left stepping back on right (12:00)
3 Step back on left facing slightly diagonal left (11:00ish)
4&5 Cross step right over left, step back on left, cross step right over left (travel diagonally left/back)
&6& Step back on left, step back on right to right diagonal, cross left over right (1:00)
7&8 Step right to right side, step back on left to left diagonal, cross step right over left (11:00)

& ¼ FLICK, WALK, WALK, MAMBO STEP, TOUCH, ¼ SIT, KICK &

&1 Tap left toe next to right, make ¼ turn to right as you flick left behind (3:00)
2-3 Walk forward left-right
4&5 Rock forward on left, recover on right, step back on left
6-7 Touch right toe back, make ¼ turn to right sitting weight on left (6:00)
8& Kick right to right diagonal, step right to right side

CROSS DIP, SIDE CROSS DIP, HITCH, BEHIND & CROSS, ¼, ½, ¼

1-2 Cross step left over right as you dip bending knees, step right to side as you rise up
3-4 Cross step left over right as you dip bending knees, hitch right knee into right diagonal corner as you rise up
5&6 Cross step right behind left, step left to left side, cross step right over left
7-8 Make ¼ turn to right stepping back on left, ½ turn to right stepping forward on right (3:00)
& On ball of right make ¼ turn to right (6:00)

REPEAT