

# Four On The Floor

COPPER KNOB  
BY STEPHEN MATTEA

拍數: 32      牆數: 4      級數:  
編舞者: Peter Metelnick (UK)  
音樂: 455 Rocket - Kathy Mattea



## FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, RIGHT TOE STEP BACK, LEFT COASTER STEP

1&2      Step right foot forward, step left foot together, step right foot forward  
3-4      Step left foot forward, pivot ½ right with weight remaining on left foot  
5-6      Touch right toes back, step right foot down  
7&8      Step left foot back, step right foot together, step left foot forward

## RIGHT FORWARD, LEFT SIDE TOUCH, LEFT CROSS OVER AND FORWARD, RIGHT SIDE TOUCH, RIGHT ROCK FORWARD & BACK

1-2      Step right foot forward, touch left toes to left side  
**Optional: step right foot forward, kick left foot to left side**  
3-4      Cross left foot in front of right foot and step, touch right toes to right side  
**Optional: cross left foot in front of right and step, kick right foot to right side)**

5-6      Step right foot forward and rock forward, rock back and recover weight on left foot  
**Optional step right foot forward, pivot ½ left**  
7-8      Step right foot back and rock back, rock forward and recover weight on left foot  
**Optional: step foot forward, pivot ½ left**

## RIGHT HEEL & HOOK, MEXICAN HAT DANCE, RIGHT TOPE TOUCHES FORWARD & SIDE, SAILOR SHUFFLE

1-2      Touch right heel forward, hook right foot across left shin  
3&4      Touch right heel forward, step right foot together, touch left heel forward  
&      Step left foot together  
5-6      Touch right toes front, touch right toes to right side  
7&8      Cross right foot behind left and step, step left foot to left side, step right foot in place  
**You can substitute 2 backward shuffles in place of the sailor shuffles for beginners**

## SAILOR SHUFFLE, RIGHT ROCK BACK & RECOVER, RIGHT KICK BALL CHANGE, RIGHT FORWARD, ¼ LEFT PIVOT TURN

1&2      Cross left foot behind right and step, step right foot to right side, step left foot in place  
3-4      Step right foot back and rock back, rock forward and recover weight on left foot  
**Optional: step right foot back ad kick left foot forward, recover weight on left foot**

5&6      Kick right foot forward, step right together on ball of right foot, step left foot together  
7-8      Step right foot forward ¼ left pivot turn with weight ending on left foot  
**Optional: step right foot forward turning ¼ left, pivot a full turn left - so you end up doing a 1-¼ turn left - for those who like to spin**

**REPEAT**

---