

Don't Need Your Pity!

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 2 級數: Advanced
編舞者: Mark Hood (UK) & Douglas Semple (UK)
音樂: Without You - Tina Turner



&HEEL, & STEP, SWIVEL ¼ TURN RIGHT

& Step back left
1 Touch right heel forward
& Step right in place
2 Step left forward
3 Swivel both heels left
& Swivel both heels right
4 Swivel both heels left with ¼ turn right

WALK, ROCK & TOGETHER, ROCK WITH HIPS

5 Step forward right
6 Step forward left
7 Rock right diagonal forward (front right side) bump hips right
& Step left in place bump hips left
8 Rock right diagonal back (back right side) bump hips right
& Step left in place bump hips left

STEP BODY ROLL

9 Step forward right
10-12 Body roll forward weight ending forward

STEP, STEP SIDE, KNEE POPS

13 Step left forward
14 Step right to the right
15 Pop right knee in
& Step right in place pop left knee in
16 Step left in place pop right knee in

KICK-BALL TOUCH, CROSS UNWIND ¾

17 Kick right forward
& Step right in place
18 Touch left to the left
19 Cross left over right
20 Unwind ¾ right

COASTER STEP PULL-HITCH STEPS

21 Step back right
& Step left beside right
22 Step forward right
& Pull right in hitching left
23 Step forward left
& Pull left in hitching right
24 Step forward right

SHOULDERS PUSHES, SHOULDERS PUSHES TURN ¼

25 Push shoulders forward

- 26 Push shoulder back
- 27 Push shoulders forward starting $\frac{1}{4}$ turn to the left
- & Push shoulder back
- 28 Push shoulders forward ending turn left

STEP, SIDE, & HITCH, CHASSE RIGHT

- 29 Step forward right
- 30 Step left to the left
- & Hitch right
- 31 Large step right to the right
- & Step left beside right
- 32 Step right to the right

ROCK WITH BODY MOVEMENTS $\frac{1}{8}$, STEP $\frac{1}{8}$, SHUFFLE

- 33 Rock back left moving arm to the side and head back turning $\frac{1}{8}$ to the left
- 34 Rock right in place turning $\frac{1}{8}$ left
- 35 Step forward left
- & Step right beside left
- 36 Step left forward

STEP, HIP ROLL, HIP BUMPS

- 37 Step right to the right rolling hips right
- & Roll hips left
- 38 Roll hips right
- 39 Bump hips left
- & Bump hips right
- 40 Bump hips left

HEEL SWITCHES STEP HOLD

- 41 Touch right heel forward
- & Step right in place
- 42 Touch left heel forward
- & Step left in place
- 43 Step right to the right
- 44 Hold

ARM MOVEMENTS, ARM HEAD MOVEMENT

- 45-46 Cross arm right over left, circle arms so left is over right
- 47 Drop arms and head arm still crossed
- 48 Throw back head and arms up to there side

REPEAT
