

# The Challenge

**COPPER** KNOB  
BY STEPHEN HETS

拍數: 0      牆數: 0      級數:  
編舞者: William Sevone (UK)  
音樂: I Feel Lucky (Extended Version) - Mary Chapin Carpenter



Sequence: ABC, ABC, DC

## SECTION A

### SHUFFLE FORWARD, SIDE ROCKS, SHUFFLE BACK, SIDE ROCKS

- 1&2      Step forward onto left foot, close right foot behind left, step forward onto left foot  
3-4      Rock step right foot to right side, rock step left foot to left side  
5&6      Step backwards onto right foot, close left foot in front of right, step backwards onto right foot  
7-8      Rock step left foot to left side, rock step right foot to right side

### CROSS STEP, ½ TURN RIGHT, CROSS SHUFFLE LEFT, SIDE ROCK, RECOVER, CROSS SHUFFLE RIGHT

- 9-10      Cross step left foot over right, unwind ½ turn right (keep weight on left foot)  
11&12      Cross step right foot over left, step left foot behind right, cross step right foot over left  
13-14      Rock step left foot to left side, recover onto right foot  
15&16      Cross step left foot over right, step right foot behind left, cross step left foot over right

### SIDE STEP, ½ TURN LEFT, CROSS SHUFFLE LEFT, SIDE ROCK, RECOVER, CROSS SHUFFLE RIGHT

- 17-18      Step right foot to right side, on ball of right foot turn ½ left - stepping left foot to left  
19&20      Cross step right foot over left, step left foot behind right, cross step right foot over left  
21-22      Rock step left foot to left side, recover onto right foot  
23&24      Cross step left foot over right, step right foot behind left, cross step left foot over right

### ½ TURN LEFT FOOT SWITCH, FOOT SWITCH, FOOT SWITCH WITH TOE TOUCH, HOLD

- 25      Stepping right foot to right side turn ½ left with left toe pointing upwards  
&26      Step left foot next to right, touch right heel forward  
&27      Step right foot next to left, touch left heel forward  
&28      Step left foot next to right, with knee bent touch right toe forward  
29      Hold

### 2X FOOT SWITCHES, FOOT SWITCH WITH TOE TOUCH, HOLD

- &30      Step right foot next to left, touch left heel forward  
&31      Step left foot next to right, touch right heel forward  
&32      Step right foot next to left, with knee bent touch left toe forward  
33      Hold

### PLACE FORWARD TOE HEEL STRUT, 2X FORWARD TOE HEEL STRUTS, STEP FORWARD

- &34-35      Place left foot to floor, step forward onto right toe, drop right heel to floor  
36-37      Step forward onto left toe, drop left heel  
38-39      Step forward onto right toe, drop right heel  
40      Step forward onto left foot

### ½ TURN LEFT BACK TOE HEEL STRUT, 2X BACK TOE HEEL STRUTS, SAILOR SHUFFLE

- 41-42      Turning ½ left on ball of left foot-step back onto right toe, drop right heel  
43-44      Step back onto left toe, drop left heel  
45-46      Step back onto right toe, drop right heel  
47&48      Step left foot behind right, step right foot next to left, step left foot to left side

## **SAILOR SHUFFLE, SCUFF, CROSS STEP, SCUFF, SHUFFLE FORWARD, STEP FORWARD**

- 49&50 Step right foot behind left, step left foot next to right, step right foot to right side  
51-52 Scuff left foot diagonally forward right, cross step left foot over right  
53 Scuff right foot forward  
54&55 Step onto right foot, close left foot behind right, step forward onto right foot  
56 Step forward onto left foot

## **2X HIP ROLLS**

- 57-60 Stepping right foot to right side (keeping weight central) roll hips in circle to the right over four counts  
61-64 (Keeping weight central) roll hips in circle to the left over four counts

**Style note: counts 57-64 bend at knees and place hands on front of thighs. Make the moves 'sultry'**

## **SECTION B**

### **COPY THE START OF SECTION A**

- 1-24 Repeat Section A counts 1-24

## **2X HIP ROLLS**

- 25-28 Stepping right foot to right side (keeping weight central) roll hips in circle to the right over four counts  
29-32 (Keeping weight central) roll hips in circle to the left over four counts

**Style note: counts 29-32 bend at knees and place hands on front of thighs. Make the moves 'sultry'**

## **SECTION C**

### **COPY THE START OF SECTION A**

- 1-40 Repeat Section A counts 1-40

## **2X HIP ROLLS**

- 41-44 Stepping right foot to right side (keeping weight central) roll hips in circle to the right over four counts  
45-48 (Keeping weight central) roll hips in circle to the left over four counts

**Style note: counts 41-48 bend at knees and place hands on front of thighs. Make the moves 'sultry'**

## **SECTION D**

### **COPY THE START OF SECTION A**

- 1-56 Repeat Section A counts 1-56

## **SHUFFLE FORWARD, SIDE ROCKS, SHUFFLE BACK, SIDE ROCKS**

- 57&58 Step forward onto right foot, close left foot behind right, step forward onto right foot  
59-60 Rock step left foot to left side, rock step right foot to right side  
61&62 Step backwards onto left foot, close right foot in front of left, step backwards onto left  
63-64 Rock step right foot to right side, rock step left foot to left side

## **CHASSE RIGHT, CHASSE LEFT, SIDE ROCK, SAILOR SHUFFLE, SIDE ROCK, SAILOR SHUFFLE, RECOVER**

- 65&66 Step right foot to right side, close left foot next to right, rock step right foot to right side  
67&68 Step left foot to left side, close right foot next to left, rock step left foot to left side  
69 Rock step right foot to right side  
70&71 Step left foot behind right, step right foot next to left, step left foot to left side  
72 Recover onto right foot

- 73-88 Repeat Section A counts 9-24

## **CHASSE RIGHT, CHASSE LEFT, SIDE ROCK, SAILOR SHUFFLE, SIDE ROCK, SAILOR SHUFFLE, RECOVER**

89&90 Step right foot to right side, close left foot next to right, rock step right foot to right side  
91&92 Step left foot to left side, close right foot next to left, rock step left foot to left side  
93 Rock step right foot to right side  
94&95 Step left foot behind right, step right foot next to left, step left foot to left side  
96 Recover onto right foot

97-135 Repeat Section A counts 1-40

## **2X HIP ROLLS**

136-139 Stepping right foot to right side (keeping weight central) roll hips in circle to the right over four counts

140-144 (Keeping weight central) roll hips in circle to the left over four counts

**Style note: counts 136-144 bend at knees and place hands on front of thighs. Make the moves 'sultry'**

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