

Break Free

COPPER **KNOB**
BY STEPHEN METZ

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS)
音樂: What About Me - Keith Urban



SIDE, BEHIND, & CROSS SHUFFLE, ¼ LEFT, ½ LEFT, ¼ SIDE SHUFFLE

- 1-2&3&4 Step right to right, cross left behind right, step ball of right to right & cross shuffle left over right
- 5-6-7&8 Step right to right turning ¼ turn left, step back on left turning ½ turn left, turning ¼ turn left side shuffle right

ROCK BEHIND, ROCK FORWARD, HEEL & CROSS, STOMP SIDE, ¼ PIVOT, COASTER BACK

- 1-2-3&4 Rock left behind right, rock forward right, touch left heel to left side, step onto left crossing right in front
- 5-6-7&8 Stomp left foot to left side, pivot ¼ turn right (end weight left), step back right, step left beside right, step forward right

STEP FORWARD, TOUCH, BALL STEP, TOUCH, KICK BALL CHANGE, FULL TURN FORWARD

- 1-2&3-4 Traveling forward - step forward left, touch right beside left, step back on ball of right stepping forward onto left, touch right beside left
- 5&6-7-8 Kick right foot forward & step right beside left, step forward left, traveling forward turn full turn left stepping on right then left

STEP FORWARD, KICK FORWARD, COASTER STEP, STEP FORWARD, ½ PIVOT, ½ SHUFFLE

- 1-2-3&4 Step forward right, kick left foot forward, step back left, step right beside left stepping left foot forward
- 5-6-7&8 Step forward right, pivot ½ turn left, turning a further ½ turn left shuffle right, left, right

ROCK BACK, ROCK FORWARD, SIDE ROCK CROSS, SIDE ROCK CROSS, STEP SIDE, ½ TURN

- 1-2-3&4 Rock back on left, rock forward on right, rock left to left side & rock weight center right, cross left over right
- 5&6-7-8 Rock right to right side & rock center on left, cross right over left, step left to left side, turning ½ turn right step right to right side

TOUCH FORWARD, TOUCH SIDE, SAILOR ¼ LEFT, STEP FORWARD, ½ PIVOT, STEP FORWARD, ¼ PIVOT

- 1-2-3&4 Touch left toe forward, touch left to left side, cross left behind right & rock right to right, step left to left turning ¼ turn left
- 5-6-7-8 Step forward right, pivot ½ turn left, step forward right, pivot ¼ turn left

TOUCH RIGHT HEEL FORWARD/TOE BACK, ¼ TWIST RIGHT, ¼ TWIST LEFT, STEP FORWARD, ½ RIGHT, ¼ SIDE SHUFFLE

- 1-2-3-4 Touch right heel forward, touch right toe back, twist heels ¼ turn right, twist heels ¼ turn left (end weight left)
- 5-6-7&8 Step forward right, step forward left turning ½ turn right, turning a further ¼ turn right side shuffle right, left, right

CROSS ROCK, RECOVER, SIDE, CROSS, SIDE, BEHIND, SIDE, TOUCH BESIDE

- 1-2-3-4 Cross rock left over right, rock back on right, traveling left-step left to left, cross right over left
- 5-6-7-8 Traveling left - step left to left, cross right behind left, step left to left, touch right beside left

REPEAT

TAG

Occurs at the end of wall 3

SHUFFLE FORWARD, STEP ½ TURN, ½ SHUFFLE, ROCK BACK, ROCK FORWARD

1&2-3-4 Shuffle forward right stepping right, left, right, step forward left, pivot ½ turn right

5&6-7-8 Turning a further ½ turn right shuffle left, right, left, rock back on right, rock forward on left

SHUFFLE FORWARD, STEP ½ TURN, ½ SHUFFLE, ROCK BACK, ROCK FORWARD

1&2-3-4 Shuffle forward right stepping right, left, right, step forward left, pivot ½ turn right

5&6-7-8 Turning a further ½ turn right shuffle left, right, left, rock back on right, rock forward on left

TO FINISH

Music will fade at front wall. Replace first 4 counts with

1-2&3-4 Side right, left behind, ball cross, stomp right to right side
