

# Body In Motion

**COPPER** KNOB  
BY STEPHEN BATES

拍數: 64      牆數: 4      級數: Beginner social cha  
編舞者: Peter Metelnick (UK)  
音樂: Angelina - Lou Bega



## RIGHT SIDE STEP, LEFT TOGETHER, RIGHT SIDE SHUFFLE, LEFT FORWARD ROCK & RECOVER, ½ LEFT TURNING TRIPLE

1-2            Step right foot to right side, step left foot together  
3&4           Step right foot to right side, step left foot together, step right foot to right side  
5-6           Rock left foot forward, recover weight on right foot  
7&8           Turning ½ left step left foot forward, step right foot together, step left foot together

## RIGHT SIDE STEP, LEFT TOGETHER, RIGHT SIDE SHUFFLE, LEFT FORWARD ROCK & RECOVER, ¼ LEFT TURNING TRIPLE

1-6            Repeat counts 1-6  
7&8           Turning ¼ left step left foot forward, step right foot together, step left foot forward

## RIGHT FORWARD TURNING ½ LEFT, LEFT KICK, LEFT COASTER STEP, RIGHT FORWARD, LEFT TOUCH TOGETHER, LEFT SIDE MAMBO

1-2            Step right foot forward turning ½ left, kick left foot forward  
3&4           Step left foot back, step right foot together, step left foot forward  
5-6           Step right foot forward, touch left toes together  
7&8           Rock left foot to left side, recover weight on right foot, touch left toes together

## LEFT BOX WITH ¼ LEFT TURN

1-2            Step left foot to left side, step right foot together  
3&4           Step left foot forward, step right foot together, step left foot forward  
5-6           Step right foot to right side, turning ¼ left on right foot touch left toes together  
7&8           Step left foot to left side, step right foot together, step left foot to left side

## WEAVE LEFT 2, RIGHT SAILOR STEP, WEAVE RIGHT TURNING ½ LEFT, LEFT SIDE TRIPLE

1-2            Cross step right foot over left, step left foot to left side  
3&4           Cross step right foot behind left, step left foot to left, step right foot right  
5-6           Cross step left foot over right, turn ½ left on right foot while lifting left foot  
7&8           Step left foot to left side, step right foot together, step left to left side

## FULL TURN LEFT TRAVELING LEFT, RIGHT CROSSING TRIPLE, LEFT SIDE ROCK & RECOVER, LEFT CROSSING TRIPLE

1-2            Cross step right foot over left turning ½ left, complete full turn left pivoting ½ left on right foot and stepping left foot to left side  
3&4           Cross step right foot over left, step left foot together, cross step right foot over left  
5-6           Rock left foot to left side, recover weight on right foot  
7&8           Cross step left foot over right, step right foot together, cross step left foot over right

## RIGHT SIDE STEP & LEFT TOUCH, ¾ LEFT TURNING TRIPLE, RIGHT ROCK BACK & RECOVER, RIGHT FORWARD TRIPLE

1-2            Step right foot to right side, touch left foot together  
3&4           Turning ¼ left step left foot forward, turning ½ left step right foot back, step left foot together  
5-6           Rock right foot back, recover weight on left foot  
7&8           Step right foot forward, step left foot together, step right foot forward

**LEFT FORWARD TURNING ½ RIGHT, RIGHT KICK, RIGHT COASTER STEP, LEFT FORWARD, RIGHT TOUCH TOGETHER, RIGHT SIDE MAMBO**

- 1-2 Step left foot forward turning ½ right, kick right foot forward
- 3&4 Step right foot back, step left foot together, step right foot forward
- 5-6 Step left foot forward, touch right toes together
- 7&8 Rock right foot to right side, recover weight on left foot, touch right toes together

**REPEAT**

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