

# Ballymore Boys

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Dynamite Dot (UK)  
音樂: The Boys From Ballymore - Sham Rock



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## POINT BACK-½ TURN RIGHT / STEP-½ TURN RIGHT / DIP DOWN AND UP / RIGHT TOE FORWARD / LEFT TOE SIDE

1-2            Point right toe back, pivot ½ turn right  
3-4            Step left forward, pivot ½ turn right (weight on left)  
5-6            Right foot is slightly forward bending knees dip down and up (hands on thighs)  
7&8            Touch right toe forward, step right next to left, touch left toe to left side

## LEFT AND RIGHT SAILOR / LEFT SAILOR WITH ¼ TURN LEFT / SHUFFLE

1&2            Step left behind right, step right to right side, step left to left side  
3&4            Step right behind left, step left to left side, step right to right side  
5&6            Making ¼ turn left step left behind right, step right to right side, step left to left side  
7&8            Shuffle forward on right-left-right

## FULL TURN FORWARD / BUMP LEFT-RIGHT-LEFT / SHUFFLE BACK / ½ TURN SHUFFLE

1-2            On ball of right turn ½ right stepping back on left, on ball of left turn ½ right stepping forward on right  
3&4            Step left forward bumping hips forward, bump hips back, bump hips forward  
5&6            Shuffle back on right-left-right  
&              On ball of right make ½ turn left  
7&8            Shuffle forward on left-right-left

## STEP-½ TURN / SIDE SWITCHES / HEEL SWITCHES / CLAPS

1-2            Step forward on right, pivot ½ turn left  
3&4            Touch right toe to right side, step right next to left, touch left toe to left side  
&5            Step left next to right, touch right heel forward  
&6            Step right next to left, touch left heel forward  
&7            Step left next to right, touch right heel forward  
&8            Clap hands twice

REPEAT

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