

# Above The Rim

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 24      牆數: 4      級數: Intermediate  
編舞者: Unknown  
音樂: No News - Lonestar



## CROSS STEPS & TOE POINTS, DIAGONAL SHUFFLES

- 1-2      Cross right foot in front of left foot, point left toe out to left side
- 3-4      Cross left foot in front of right foot, point right toe out to right side
- 5&6      Turn diagonally forward to right and shuffle right-left-right
- 7&8      Turn diagonally forward to left and shuffle left-right-left

## ARM AND HIP MOVEMENTS

- 1      Place right arm straight forward from shoulder, palm down, and left palm down under right elbow (hold left arm position for counts "&2") -- bump hips right
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- 2      Bend right arm straight up from elbow, palm facing in
- 2      Bring right forearm inward and down and underneath left arm ending arm straight out as in count 1 (palm down) and left arm is now on top with palm down on right elbow -- bump hips right
- 3      Step left foot to left and bump hips left while making fists with both hands, bring right fist in to chest at left arm and push left fist straight out to front at shoulder level -- bump hips left
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- 4      Bring left fist in to chest at right arm and push right fist straight out to front at shoulder level -- bump hips right
- 4      Bring right fist in to chest at left arm and push left fist straight out to front at shoulder level -- bump hips left
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- 5&6      Step left foot home and return arms to beginning position -- right arm straight out and palm down, left hand under right elbow, palm down
- 5&6      Facing diagonally forward to left, hands in fists, roll hands outward around each other
- 7&8      Facing diagonally forward to right, hands in fists, roll hands inward around each other

## KNEE ROLLS, HEEL TAPS, SAILOR SHUFFLES

- 1&2&      Roll right knee outward and back home, roll left knee outward and back home
- 3-4      Tap right heel forward 2x
- 5&6      Step right foot behind left foot, step left foot to left, step right foot in place, turning  $\frac{1}{4}$  to right
- 7&8      Step left foot behind right foot, step right foot to right side, step left foot home

## REPEAT