

# Fling It Up

**COPPER KNOB**  
BY STEPHEN HETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Annette Latimer (UK) - August 2007  
音樂: Bumper Buffet - Krosfyah : (Album: Fire Proof)



## 16 count intro

### R SIDE, L BEHIND, L HEEL JACK & CROSS, 2 X ¼ TURN R, L SHUFFLE FRWD.

- 1-2            Step right to right side, step left behind right.  
&3&4        Step diagonally back on right foot, touch left heel diagonally forward, step left beside right, cross right over left.  
5-6            Step left to left side making ¼ turn right, make ¼ turn right stepping right to right side (6 o'clock)  
7&8            Left shuffle forward.

### R STEP WITH HIP BUMPS, L STEP WITH HIP BUMPS, 2X STEP FORWARD, 2X STEP BACK.

- 1&2            Step right foot forward on right diagonal bump hips forward, back, forward taking weight on right.  
3&4            Repeat 1-2 with left foot weight ends on left.  
5-6            Step right forward on right diagonal, step left forward on left diagonal.  
7-8            Step back right, left bringing feet together.

### FULL PADDLE TURN LEFT, SIDE BACK ROCK RIGHT, LEFT.

- 1-2            On ball of left make ¼ turn left, point right toe to right side, repeat (6 o'clock)  
3-4            Repeat steps 1-2 to complete full paddle turn left (6 o'clock)  
&5            Hitch right knee, take big step to right side, slide left towards right.  
6&            Rock back on left, rock forward onto right.  
7-8&        Step left big step to left side, slide right towards left, rock back on right, rock forward onto left.

### FULL PADDLE TURN RIGHT, SIDE BACK ROCK LEFT, RIGHT.

- 1            Step right to right side making ¼ turn right,  
2            On ball of right make ¼ turn right point left toe to left side.  
3-4        On ball of right make ¼ turn right pointing left toe to left side, repeat.  
&5        Hitch left knee, take big step to left side, slide right towards left.  
6&        Rock back on right, rock forward onto left.  
7-8&     Step right big step to right side, slide left towards right, rock back on left, rock forward onto right.

### L SIDE, BEHIND, ¼ TURN LEFT, ½ PIVOT LEFT, KICK BALL OUT OUT, HOLD, FEET TOGETHER R, L

- 1&2            Step left to left side, step right behind left, step left ¼ turn left.  
3-4            Step forward on right, ½ pivot turn left.  
5&6            Kick right forward, step right to right side, step left to left side.  
7            Hold.  
&8            Step right in place, step left beside right.

### WALK R, L, JUMP OUT OUT, IN IN, R ROCK, ½ TURN R, STEP L.

- 1-2            Walk forward right, left.  
&3            Jump feet apart right, left.  
&4            Jump feet together right, left.  
5-6            Rock forward on right, rock back onto left.  
7-8            On ball of left make ½ turn right, stepping forward on right, step forward left.