

# Mr Journalist

**COPPER** **NOB**  
BY STEPHEN BRETZ

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Wei Chih  
音樂: Helicopters - Barenaked Ladies



## LEFT TOUCH INSTEP, HEEL SIDE, LEFT FORWARD SHUFFLE, HEEL FORWARD, HOLD, TOE BACK, STEP FORWARD

1-2      Touch left toe instep right foot (bend right leg), touch left heel to the left (body straightened up)  
3&4      Step left forward, step right beside right, step left forward  
5-6      Touch right heel forward, hold  
7-8      Touch right toe back, step right forward

## HEEL FORWARD, HOLD, TOE BACK, STEP FORWARD, HEEL FORWARD, TOE BACK, PIVOT ½ TURN RIGHT, STEP TOGETHER

1-2      Touch left heel forward, hold  
3-4      Touch left toe back, step left forward  
5-6      Touch right heel forward, touch right toe back  
7-8      Make a ½ turn right stepping on right, step left beside right

## SIDE, TOGETHER (SCISSOR), CROSS SHUFFLE, SIDE, RECOVER, CROSS, HOLD

1-2      Step right to right side, step left beside right  
3&4      Step right across left, step left to left, step right across left  
5-8      Rock left to left side, recover on right, step left across right, hold

## SIDE, HOLD, &SIDE-HOLD, &SIDE-HOLD, SWIVELS

1-2      Step right to right side, hold  
&3-4      Step left beside right, step right to right side, hold  
&5-6      Repeat &3-4 above  
7-8      Swivel both heels ¼ turn right (face and body turned towards 9:00), swivel both heels ½ turn left weight ending on the left (face and body turned towards 3:00)

While doing the above swivels, ease your movements with flexible knee bends

## POINT RIGHT, CROSS, POINT LEFT, CROSS, ROCK FORWARD, RECOVER, TOGETHER, STEP FORWARD, TOUCH

1-2      Point right toe to right side, cross right over left  
3-4      Point left toe to the left side, cross left over right  
5-6&      Rock right forward, recover on left, step right beside left  
7-8      Step left forward, touch right toe beside left

## STEP RIGHT, TOUCH, STEP LEFT, TOUCH, STEP FORWARD, TOUCH, JUMP BACK, TOGETHER, JUMP FORWARD, TOUCH

1-2      Step right to right side, touch left toe beside right  
3-4      Step left to left side, touch right toe beside left  
5-6      Step right forward, touch left toe beside right  
&7&8      Jump left back slightly, step right beside left, jump left forward slightly, touch right beside left

## ROCK FORWARD, RECOVER, ½ TURN RIGHT FORWARD SHUFFLE, DIAGONAL, PUNCH KNEE, DIAGONAL, PUNCH KNEE

1-2      Rock right forward, recover on left  
3&4      Make a ½ turn right stepping right forward, step left beside right, step right forward  
5-6      Step left diagonal left forward (body facing 10:30), punch right knee towards left knee  
7-8      Step right diagonal right forward (body facing 7:30), punch left knee towards right knee

**STEP DIAGONAL BACK, TOUCH, STEP DIAGONAL BACK, TOUCH (WITHDRAW), SKATE, SKATE (ATTACK), STEP LARGE DIAGONAL BACK, SLIDE STEP TOGETHER (RECOIL)**

- 1-2 Step left diagonal left back, touch right toe in front of left
- 3-4 Step right diagonal right back, touch left toe in front of right
- 5-6 Large skate left, large skate right
- 7-8 Large step left diagonal left back, slide right towards left and step

**REPEAT**

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