

# Armstrong

COPPER KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Gaye Teather (UK) - October 2008  
音樂: Will My Arms Be Strong Enough - BWO : (CD: Pandemonium)



Intro: 16 count intro

## Prissy Walks X 2. Side Rock & Cross & Cross Rock. Side. Cross. Unwind Full Turn Right

1 – 2      Walk forward Right. Walk forward Left (crossing slightly over with each step forward)  
3&4      Rock Right to Right side. Recover onto Left. Cross Right over Left  
&5-6      Step Left to Left (small step). Cross rock Right over Left. Recover onto Left  
&7-8      Step Right to Right (small step). Cross Left over Right. Unwind full turn Right (weight remains on Left) (Facing 12 o'clock)

Easy option: Replace step 8 (full unwind) with a Right toe point to Right side

## Left Weave. Heel Touch Forward. Together. Cross Rock. Sailor Step

1&      Sweep Right out and around stepping Right behind Left. Step Left to Left  
2&      Cross Right over Left. Step Left to Left  
3&      Cross Right behind Left. Step Left to Left  
4&      Touch Right heel forward. Step Right beside Left  
5 – 6      Cross rock Left over Right. Recover onto Right  
7&8      Sweep Left around stepping Left behind Right. Step Right to Right. Step forward on Left

**\*\*RESTART here DURING walls 2 and 7 – you will be facing 3 'clock both times**

## Forward Rock & Half Turn Right. Forward Rock & Half Turn Left. Step. Full Turn Left. Back Mambo. Touch.

1&2      Rock forward on Right. Recover onto Left. Half turn Right stepping forward on Right  
3&4      Rock forward on Left. Recover onto Right. Half turn Left stepping forward on Left  
5&6      Step forward on Right. Pivot half turn Left. Half turn Left stepping back on Right (Facing 12 o'clock)  
7&8      Rock back on Left. Recover onto Right. Touch Left beside Right (Dip knees slightly on rock)

Easy option: Steps 5&6 can be replaced with a Right forward mambo

## Quarter Turn Left. Shuffle. Step. Pivot Half Turn Left. Step. Triple Full Turn Right. Back. Together. Run. Run

1&2      Quarter turn Left stepping forward on Left. Step Right beside Left. Step forward on Left  
3&4      Step forward on Right. Pivot half turn Left. Step forward on Right  
5&6      Half turn Right stepping back on Left. Half turn Right stepping forward on Right. Step forward on Left (Facing 3 o'clock)

Easy option: Steps 5&6 (Triple full turn) can be replaced with a Left shuffle forward

&7      Step back on Right. Step Left beside Right  
&8      Run forward Right. Left

Start Again

Restarts are easy to spot as they OCCUR on the 3 o'clock wall both times