

# The Proof Is Out

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4  
編舞者: GYTAL (USA) - May 2009  
音樂: Proof - Charlie Allen

級數: Improver / Intermediate



**Start on 16 count in just before vocal starts**

## **SYNCOPATED MONTEREY TURN (6:00)**

1,2            touch R toe to R side, turn 1/2 to R weight on L foot  
3& 4           shift weight to R foot touching L toe to L side, step down on L, touch R toe To R

## **SYNCOPATED JAZZ BOX**

5,6            Cross R over L, Step back on L  
&7,8           Step back on R, cross L over R, scuff R heel forward

## **R TOUCH, TOUCH, R COASTER STEP**

9,10           Touch R toe to R instep, touch R toe to R side  
11&12          Step back on R, step back on L, step R forward

## **STEPPING L 1/4 TURN (9:00) TO R , CROSS R BEHIND L, RETURN 1/4 TO L WITH FORWARD L TRIPLE (6:00)**

13,14           Step L 1/4 turn to R (9:00), Cross R behind L  
15&16          step L 1/4 turn to L (6:00) forward triple (L,R,L)

## **ROCK FORWARD ON R, RECOVER BACK ON L, TURN 1/2 TO R TRIPLE (12:00) STEP L 1/4 TO R (3:00) STEP R TO R SIDE, L CROSSING TRIPLE**

17,18           Rock forward on R, recover on L  
19&20          step R 1/4 turn to R, step L next to R, step R 1/4 turn to R (12:00)  
21,22           Step L forward turning 1/4 (3:00)to R step R to R  
23&24          Cross L over R, step R to R, Cross L over R

## **SWAY R, SWAY L, R SAILOR STEP, TOUCH L TOE BEHIND R FOOT TURNING 1/2 TO L(9:00), SHIFTING WEIGHT TO L FOOT, R KICK BALL CHANGE.**

25,26           Sway hips to R, sway hips to L  
27&28          Step R behind L, step L to L, Step R next to L  
29,30           Touch L toe behind R foot, turn 1/2 to L (9:00) Shifting weight to L foot  
31 & 32          Kick R foot forward, step on ball of R foot, Step L forward

**Begin Again**