

# In Good Shape

**COPPER KNOB**  
BY SHEETS

拍數: 64      牆數: 4      級數: Improver / Easy Intermediate  
編舞者: Diana Dawson (UK) - July 2009  
音樂: The Shape I'm In - Just John : (Album: Working On Dreams)



Also by: "The Deans", Album: Multiplication. Start on vocals  
Country music: "This Time" by Sawyer Brown Album "...Greatest Hits..."

## Section 1: RIGHT CHASSE, LEFT BACK, ROCK, SIDE

1-2-3-4      Step right to right side, close left next to right, step right to right side, hold  
5-6-7-8      Step back on left slightly behind right, rock forward onto right, step left to left side, hold

## Section 2: WEAVE LEFT, RIGHT BACK, ROCK, STEP FORWARD

1-2-3-4      Step right behind left, step left to left side, cross step right over left, step left to left side  
5-6-7-8      Step back on right foot, rock forward onto left, step forward on right, hold

## Section 3: LEFT STEP, PIVOT 1/2 TURN, STEP, FULL TURN TRIPLE FORWARD(or shuffle – no turn)

1-2-3-4      Step forward on left foot, pivot 1/2 turn right, step forward on left foot, hold [6:00]  
5-6      Make 1/2 turn left stepping back on right, 1/2 turn left stepping forward on left, [6:00]  
7-8      Step forward on right, hold

(No-turn optional steps 5-8 – Right shuffle forward stepping – Right, Left, Right, Hold)

## Section 4: LEFT HIP BUMPS,

1-2-3-4      Step left foot diagonally forward left, bumping hips Left, Right, Left, Hold  
5-6-7-8      Step right foot diagonally forward right, bumping hips Right, Left, Right, Hold

## Section 5: CHARLESTON, COASTER STEP

1-2      Swing left foot forward to touch left toes in front of right, hold  
3-4      Swing left foot backwards, stepping onto left foot, Hold  
5-6-7-8      Step back on right foot, step left next to right, step forward on right, hold

## Section 6: LEFT FORWARD LOCK, FORWARD, RIGHT STEP, PIVOT 1/4 LEFT, CROSS

1-2-3-4      Step left forward, lock step right up behind left, step left forward, hold  
5-6-7-8      Step right forward, pivot 1/4 turn left, cross step right over left, hold [9:00]

## Section 7: POINT LEFT, TOGETHER, MONTEREY 1/2 TURN, POINT LEFT, TOGETHER, POINT RIGHT

1-2      Point left toes to left side, step left next to right  
3-4      Point right toes to right side, make 1/2 turn right on ball of left, stepping right beside left [3:00]  
5-6-7-8      Point left to left side, step left next to right, Point right to right side, hold

## Section 8: RIGHT CROSS, ROCK, RIGHT SIDE, LEFT CROSS, ROCK, LEFT SIDE, TOUCH

1-2-3-4      Cross right over left, rock back onto left, step right to right side, Cross left over right,  
5-6-7-8      Rock back onto right foot, Step left to left side, Touch right next to left, Hold

Begin Again