

# My Pretty Belinda

**COPPER** **KNOB**  
BY STEPHEN BATES

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Vikki Morris (UK) - February 2011  
音樂: Pretty Belinda - Dr. Victor & The Rasta Rebels



Start on the lyrics –32 counts in

At 2.57 min the track slows and stops for 4 seconds. Keep dancing, it will kick back in again.

## **R CROSS ROCK RECOVER, R SIDE SHUFFLE, L CROSS ROCK RECOVER, L SIDE SHUFFLE**

1-2            Cross rock R over L, Recover on L  
3&4           Step R to R Side, Step L to R, Step R to R side  
5-6           Cross rock L over R, Recover on R  
7&8           Step L to L Side, Step R to L, Step L to L side 12 o clock

## **WEAVE LEFT, R ROCKING CHAIR TO L DIAGONAL**

1-4           Cross R over L, Step L to L side, Cross R behind L, Step L to L side  
5-8           Rock fwd R, Recover L, Rock back R, Recover L 12 o clock

## **PADDLE ¼ L X2, JAZZ BOX STEP FWD L**

1-2           Step forward R, Pivot ¼ turn L 9 o clock  
3-4           Step forward R, Pivot ¼ turn L (step 1-4 use your hips to paddle) 6 o clock  
5-8           Cross R over L, Step back on L, step R to R side, Step L Fwd

## **R LOCK, R LOCK STEP TO R DIAGONAL, L LOCK, L LOCK STEP TO L DIAGONAL**

1-2           Step R to R diagonal, Lock L behind R  
3&4           Step R to R diagonal. Lock L behind R, Step R to R diagonal  
5-6           Step L to L diagonal, Lock R behind L  
7&8           Step L to L diagonal. Lock R behind L, Step L to L diagonal

Start Again with a SMILE!

Choreographers note.

This is to help teach the beginners how to dance to the diagonal walls as there are so many dances now that incorporate diagonal step patterns.

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