

# Catherine's Pain

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

拍數: 32      牆數: 4      級數: Smooth Intermediate Rumba  
編舞者: Bronya Bishorek (MY) - February 2012  
音樂: A Puro Dolor - Son By Four



**Note : Dedicated to Catherine Goh - be strong babe.**

**Count In : 16 beats**

## **SIDE, BACK ROCK, LOCK STEP FWD, FWD ROCK, TIP TOE RUN BACK**

1-3            Step LF to L, step RF back, step f/wd on LF  
4&5           Step RF f/wd, lock LF behind R, step RF f/wd  
6-7           Step LF f/wd, recover weight back on RF  
8&1           Step ball of LF back, step ball of RF back, step LF back

## **CUCARACHA (R), CUCARACHA (L) ¼ TURN, BACK, ½ TURN FWD, DIAGONAL**

2&3           Step RF to R, rotate hips to the R (pivoting on the ball of RF), step RF in place  
4&5           Step LF to L, rotate hips to the L & ¼ turn L (weight still on RF), step LF back [9:00]  
6&7           Step ball of RF back, ½ turn R & step ball of LF next to R, step RF f/wd [3:00]  
8               Step LF f/wd to L diagonal [1:30]

## **BACK, SIDE TOGETHER ¼, BALL CROSS ½, BALL CROSS ¼, FWD ROCK, BACK & SWEEP**

1               Recover weight back to RF  
2&3           Face [12:00] & step LF to L, close RF, ¼ turn L & cross step LF over R [9:00]  
4&5           Step R ball to R, cross step LF over R, ½ turn R & cross step RF over L [3:00]  
6&7           Step L ball to L, cross step RF over L, ¼ turn L & step LF f/wd [12:00]  
8&1           Step RF f/wd, recover weight back to LF, step RF back & sweep LF from front to back

## **BACK ROCK, LUNGE, HITCH STEP, HITCH RONDE, BACK, ½ TURN FWD, STEP**

2-3           Transfer weight back to LF, lunge f/wd on RF  
4&           Push weight back to LF & hitch R knee, step RF behind L  
5               Hitch L knee & ¼ turn ronde L (use you L hip to ronde) [9:00]  
6&7           Step ball of LF back, ½ turn R & step ball of RF next to L, step LF f/wd [3:00]  
8               Step RF f/wd

**END OF DANCE (2nd wall starts 3:00)**

**Suggestion : This is a beautifully haunting tune which deserves to be danced with full expression.  
Watch teach video for ideas on upper body styling.**