

# Hit The Switch

COPPERKNOB  
BY STEPHEN METZ

拍數: 64      牆數: 2      級數: Intermediate / Advanced  
編舞者: Carol Bates (UK) - February 2012  
音樂: Kiss the Stars - Pixie Lott



## Right & left syncopated side rock, back rock recover, shuffle 1/2 turn right

1 - 2      Rock right to right side, recover on left  
&3 - 4      step right next to left, rock left to left side, recover on right  
5 - 6      rock back on left, recover on right  
7 & 8      shuffle 1/2 right stepping left, right, left

## Right & left syncopated side rock, back rock recover, step 1/2 turn right, step forward on left

1 - 2      Rock right to right side, recover on left  
&3 - 4      step right next to left, rock left to left side, recover on right  
5 - 6      rock back on left, recover on right  
7 & 8      step forward on left, pivot 1/2 right, step forward on left

## Right side behind, heel & cross, left side behind, heel & cross

1 - 2      Step right to right side, step left behind right  
&3&4      step back on right, touch left heel forward, step left next to right, cross right over left  
5 - 6      step left to left side, step right behind left  
&7&8      step back on left, touch right heel forward, step right next to left, cross left over right

## Right rocking chair, step out right, step out left, step in right, step in left

1 - 2      rock forward on right, recover on left  
3 - 4      rock back on right, recover on left  
5 - 6      step right diagonally forward, step left diagonally forward  
7 - 8      step right back to place, step left next to right

\*\*\* Restart here on wall 2\*\*\*

## Hip bump turns

1 & 2      turn 1/4 left stepping right to right side bumping hips right, left, right  
3 & 4      turn 1/4 left stepping left to left side bumping hips left, right, left  
5 & 6      turn 1/4 left stepping right to right side bumping hips right, left, right  
7 & 8      turn 1/4 left stepping left to left side bumping hips left, right, left

\*\*\* Restart here on wall 3 \*\*\*

## Right rolling grapevine, left rolling grapevine

1 - 2      turn 1/4 right stepping on right, turn 1/2 right stepping back on left  
3 - 4      turn 1/4 right stepping right to right side, touch left next to right  
5 - 6      turn 1/4 left stepping on left, turn 1/2 turn left stepping back on right  
7 - 8      turn 1/4 turn left stepping left to left side, touch right next to left

## Right & left Dorothy step, & walk round 1/2 turn right

1 - 2 &      step right diagonally forward, lock left behind right, step right diagonally forward  
3 - 4 &      step left diagonally forward, lock right behind left, step left diagonally forward  
5 - 8      walk round 1/2 turn right stepping right, left, right, touch left next to right

## Left & right Dorothy step, & heel touch forward left, right, left, touch right

1 - 2 &      step left diagonally forward, lock right behind left, step left diagonally forward  
3 - 4 &      step right diagonally forward, lock left behind right, step right diagonally forward  
5 & 6      touch left heel forward, step left to place, touch right heel forward

7 & 8            step right to place, touch left heel forward, step left to place, touch right toe next to left foot

Wall 2 restart dance after count 32

Wall 3 restart the dance after count 40

Wall 6 start the dance from count 25 dance to count 64

Wall 7 start the dance from count 25 dance to count 40 then add tag right rocking chair start the dance from the beginning

Tag after count 40 on wall 7 (Right Rocking Chair)

Ending – dance the first 14 counts then add a left shuffle forward you will finish facing front

Don't be put off by the restarts the music helps

Happy dancing

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