

# Catalan Rock

**COPPER** KNOB  
BY EPOHEETS

拍數: 48      牆數: 2      級數: High Improver  
編舞者: Marie Sørensen (TUR) - February 2013  
音樂: Seven Nights to Rock - BR5-49 : (Album: All Week Long)



**Intro: 48 Counts - No tags, No Restart! (The music is very fast !)**

## **VINE, CROSS, BACK, CROSS, BACK, STOMP**

1-2            Step right to right side, cross left behind right  
3-4            Step right to right side, cross left over right while you flick right back  
5-6            Jump back on right, while you kick left fwd. cross left over right while you flick right back  
7-8            Jump back on right, while you kick left fwd. stomp fwd. on left (12:00) (Weight on left)

## **STOMP, HEEL BOUNCE 3 TIMES, POINT, TOGETHER, RIGHT, LEFT**

1              Stomp fwd. right  
2-3-4        Do 3 heel bounces, while you make a ¼ turn left (Weight on left)

**While you are doing the heel Bounces bend your knees**

5-6            Point right heel fwd. stomp right next to left  
7-8            Point left heel fwd. stomp left next to right (09:00)

## **STOMP, HEEL BOUNCE 3 TIMES, BRUSH, BRUSH, BRUSH, STOMP**

1              Stomp fwd. right  
2-3-4        Do 3 heel bounces, while you make a ¼ turn left (06:00) (Weight on right)

**While you are doing the heel Bounces bend your knees**

5-6            Brush left fwd. brush left over right and back  
7-8            Brush left fwd. stomp left fwd. (06:00)

## **STOMP, HEEL BOUNCE 3 TIMES, BRUSH, BRUSH, BRUSH, STOMP**

1              Stomp fwd. right  
2-3-4        Do 3 heel bounces, while you make a ¼ turn left (03:00) (Weight on right)

**While you are doing the heel Bounces bend your knees**

5-6            Brush left fwd. brush left over right and back  
7-8            Brush left fwd. stomp left fwd. (03:00)

## **CROSS, BACK, CROSS, BACK, SIDE, HEEL, SIDE, HEEL**

1-2            Cross right over left, while you flick left back, jump back on left, while you kick right fwd.  
3-4            Cross right over left, while you flick left back, jump back on left, while you kick right fwd.  
5-6            Step right a small step to right, tap left heel diagonal left  
7-8            Step left a small step to left, tap right heel diagonal fwd. right (03:00)

## **MONTEREY ¼ TURN RIGHT, WALK, HOLD, WALK, HOLD**

1-2            Point right to right side, ¼ turn right, step right next to left  
3-4            Point left to left side, step left next to right  
5-6            Stomp fwd. right, hold & clap your hands  
7-8            Stomp fwd. left, hold and clap your hands (06:00)

**Have Fun!**

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