

# Nadine

COPPERKNOB  
BY STEPHEN HETS

拍數: 176      牆數: 4      級數: Phrased Novice / Intermediate  
編舞者: Tjwan Oei (NL) - March 2013  
音樂: Nadine - Indonesian Revival Band



Sequence : A – A – B – A – A – End...

## PART A : 80 counts

### A01 Toe strut full turn right around

1-2-3-4      Rf. toe step  $\frac{1}{4}$  turn right – Rf. heel down – Lf. toe step  $\frac{1}{4}$  turn right – Lf. heel down  
5-6-7-8      Rf. toe step  $\frac{1}{4}$  turn right – Rf. heel down – Lf. toe step  $\frac{1}{4}$  turn right – Lf. heel down

### A02 Step fwd. – Lock – Step – Scuff – Step fwd. – Lock – Step – Scuff ( Diagonally )

1-2-3-4      Rf. step diagonally forward – Lf. lock behind Rf. – Rf. step diagonally forward – Lf. scuff forward  
5-6-7-8      Lf. step diagonally forward – Rf. lock behind Lf. – Lf. step diagonally forward – Rf. scuff forward

### A03 Rock fwd. – Recover – Back strut ( R – L – R )

1-2-3-4      Rf. step forward – Recover weight on Lf. – Rf. toe step back – Rf. heel down  
5-6-7-8      Lf. step toe back – Lf. heel down – Rf. step toe back – Rf. heel down

### A04 Slow coaster step – Hold – Step fwd. – Pivot $\frac{1}{2}$ turn left – Step fwd. – Hold

1-2-3-4      Lf. step back – Rf. step back – Lf. step forward – Hold  
5-6-7-8      Rf. step forward – Rf. / Lf. step  $\frac{1}{2}$  turn left – Rf. step forward – Hold [ 06.00 ]

### A05 Shimmy ( down and up ) stepping to right 2 x

1-2-3-4      Rf. step to the right side and with your body down and up moving with the shoulders – Lf. step together  
5-6-7-8      Rf. step to the right side and with your body down and up moving with the shoulders – Lf. step together

### A06 Right side step – Together – Side – Scuff – Left side step – Together – Side – Scuff

1-2-3-4      Rf. step to the right side – Lf. step together – Rf. step to the right side – Lf. scuff forward  
5-6-7-7      Lf. step to the left side – Rf. step together – Lf. step to the left side – Rf. scuff forward

### A07 Shimmy ( down and up ) stepping to right 2 x

1-2-3-4      Rf. step to the right side and with your body down and up moving with the shoulders – Lf. step together  
5-6-7-8      Rf. step to the right side and with your body down and up moving with the shoulders – Lf. step together

### A08 Right side step – Together – Side – Scuff – Left side step – Together – Side – Scuff

1-2-3-4      Rf. step to the right side – Lf. step together – Rf. step to the right side – Lf. scuff forward  
5-6-7-8      Lf. step to the left side – Rf. step together – Lf. step to the left side – Rf. scuff forward

### A09 Heel grind – Step back – Together – Heel grind – Step back – Together

1-2-3-4      Rf. heel step fwd. and turn toes from left to right – Rf. step back – Lf. step together beside Rf.  
5-6-7-8      Rf. heel step fwd. and turn toes from left to right – Rf. step back – Lf. step together beside Rf.

### A10 Jazz box – Jazz box with $\frac{1}{4}$ turn left

1-2-3-4      Rf. cross over Lf. – Lf. step back – Rf. step to the right – Lf. step together beside Rf.  
5-6-7-8      Rf. cross over Lf. – Lf. step back – Rf. step  $\frac{1}{4}$  turn left – Lf. step together beside Rf. [ 03.00 ]

**PART B ( Instrumental part ) 96 counts**

**B01 Right step fwd. – Lock – Step – Scuff – Left step fwd. – Lock – Step – Scuff ( Diagonally )**

- 1-2-3-4 Rf. step diagonally forward – Lf. lock behind Rf. – Rf. step diagonally forward – Lf. scuff forward  
5-6-7-8 Lf. step diagonally forward – Rf. lock behind Lf. – Lf. step diagonally forward – Rf. scuff forward

**B02 Rock fwd. – Recover – Step back – Hold – Slow coaster step – Hold**

- 1-2-3-4 Rf. rock forward – Recover weight on Lf. – Rf. step back – Hold  
5-6-7-8 Lf. step back – Rf. step back – Lf. step forward – Hold

**B03 Heel touch fwd. ( 2 x ) – Toe touch back ( 2 x ) – Step fwd. – Pivot ½ turn left ( 2 x )**

- 1-2-3-4 Rf. heel touch forward ( 2 x ) – Rf. toe touch back ( 2 X )  
5-6-7-8 Rf. step forward – Rf. / Lf. step ½ turn left – Rf. step forward – Rf. / Lf. step ½ turn left

**B04 Twist to the right – Twist to the left**

- 1-2-3-4 Rf. / Lf. twist to the right ( R – L – R – L )  
5-6-7-8 Rf. / Lf. twist to to the left ( L – R – L – R )

**B05 Right side step – Behind – Side – Scuff – Left side step – Behind – Side – Scuff**

- 1-2-3-4 Rf. step to the right side – Lf. step behind Rf. – Rf. step to the right side – Lf. scuff forward  
5-6-7-8 Lf. step to the left side – Rf. step behind Lf. – Lf. step to the left side – Rf. scuff forward

**B06 Jazz box – Jazz box with ¼ turn left**

- 1-2-3-4 Rf. cross over Lf. – Lf. step back – Rf. step to the right side – Lf. step together beside Rf.  
5-6-7-8 Rf. cross over Lf. – Lf. step back – Rf. step ¼ turn left – Lf. step together beside Rf.

**B07 Jump diagonally fwd. to right and Jump diagonally fwd. to left ( Zig zag )**

- 1-2-3-4 Jump (Rf.-Lf.) diagonally to the right forward – Jump ( Lf.-Rf. ) diagonally to the left forward  
5-6-7-8 Jump ( Rf.-Lf. ) diagonally to the right forward – Jump ( Lf.-Rf. ) diagonally to the left forward

**B08 Jump diagonally back to right and Jump diagonally back to left ( Zig zag )**

- 1-2-3-4 Jump ( Rf.-Lf. ) diagonally to the right back – Jump ( Lf.-Rf. ) diagonally to the left back  
5-6-7-8 Jump ( Rf.-Lf. ) diagonally to the right back – Jump ( Lf.-Rf. ) diagonally to the left back

**B09 Right side step – Behind – Side – Scuff – Left side step – Behind – Side – Scuff**

- 1-2-3-4 Rf. step to the right side – Lf. step behind Rf. – Rf. step to the right side – Lf. scuff forward  
5-6-7-8 Lf. step to the left side – Rf. step behind Lf. – Lf. step to the left side – Rf. scuff forward

**B10 Heel touch fwd. ( 2 x ) – Toe touch back ( 2 x ) – Step fwd. – Pivot ½ turn left ( 2 x )**

- 1-2-3-4 Rf. heel touch forward ( 2 x ) – Rf. toe touch back ( 2 x )  
5-6-7-8 Rf. step forward – Rf. / Lf. step ½ turn left – Rf. step forward – Rf. / Lf. step ½ turn left

**B11 Heel grind – Step back – Together – Heel grind – Step back – Together**

- 1-2-3-4 Rf. heel touch forward and turn toes from left to right – Rf. step back – Lf. step together beside Rf.  
5-6-7-8 Rf. heel touch forward and turn toes from left to right – Rf. step back – Lf. step together beside Rf.

**B12 Jazz box – Jazz box with ¼ turn left**

- 1-2-3-4 Rf. cross over Lf. – Lf. step back – Rf. step to the right – Lf. step together beside Rf.  
5-6-7-8 Rf. cross over Lf. – Lf. step back – Rf. step ¼ turn left – Lf. step together beside Rf.

**End : Repeat section 09 & 10 ( Heel grind.....till the end .. Jazz box with ¼ turn left ) till the music end .**

**Happy dancing..... Veel dansplezier.....**

Contact: [H.Oei@kpnplanet.nl](mailto:H.Oei@kpnplanet.nl)

---