

Nancy Mulligan

COPPER **NOB**
BY THE POUND

Count: 32

Wall: 4

Level: Improver

Choreographer: Maggie Gallagher (UK) & Gary O'Reilly (IRE) - March 2017

Music: Nancy Mulligan - Ed Sheeran : (amazon)



Intro: 16 counts (9 secs)

S1: HEEL GRIND & HEEL GRIND & CROSS SIDE BEHIND SIDE CROSS ROCK

- 1-2& Right heel grind, Step left next to right, Step right next to left
- 3-4& Left heel grind, Step right next to left, Step left next to right
- 5&6& Cross right over left, Step left to left side, Cross right behind left. Step left to left side
- 7-8 Cross rock right over left, Recover on left

S2: STOMP TOE HEEL TOGETHER, STOMP TOE HEEL TOGETHER, SIDE ROCK, BEHIND SIDE CROSS

- 1&2& Stomp right to right side, Touch left toe to left side with left knee turned in towards right, Tap left heel to left side, Step left next to right
- 3&4& Stomp right to right side, Touch left toe close to right with left knee turned in towards right, Tap left heel close to right, Step left next to right
- 5-6 Rock right to right side, Recover on left
- 7&8 Cross right behind left, Step left to left side, Cross right over left

S3: BALL CROSS, ¼, COASTER, WALK, ½, SHUFFLE ½

- &1-2 Step left next to right, Cross right over left, ¼ right stepping back on left
- 3&4 Step back on right, Step left next to right, Step forward on right [3:00]
- 5-6 Walk forward on left, ½ left stepping back on right [9:00]
- 7&8 ¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [3:00]
*Restart Wall 1

S4: FWD ROCK & POINT, HOLD, & TOUCH & HEEL & SCUFF HITCH CROSS &

- 1-2 Rock forward on right, Recover on left
- &3-4 Step right next to left, Point left toe forward keeping left leg straight, HOLD
- &5 Step left next to right, Touch right toe next to left
- &6 Step slightly back on right, Tap left heel forward
- &7&8 Step left next to right, Scuff right forward, Hitch right up, Cross right over left
- & Step left slightly to left side

* RESTART: Wall 1 after 24 counts [3:00]

Thank You To Roni Kyte For Suggesting The Music

Dedicated To All The Dancers At Keeley's Event In Oxford
