

Centerfold

COPPER **NOB**
BY THE POUND

Count: 70

Wall: 2

Level: Intermediate level

Choreographer: Chris Kumre - April 2007

Music: Centerfold - The J. Geils Band



Sequence: A-B-A-B-B-A-B-B(with restart)-B-B-B

PART A

STEP, TOUCH, ¼ L, BRUSH, POINT, POINT, & SIDE, TOUCH

- 1-2 Step R to R side, touch L next to R
- 3-4 Step L to L side while making ¼ turn L, brush R next to L
- 5-6 Point R in front of L, point R out to R side
- &7-8 Quickly step R next to L, step L to L, touch R next to L

SHUFFLE R, ROCK BACK, ROCK FORWARD & LOCK, ½ R, & FORWARD, ¼ TURN L

- 1&2 Step R slightly to R, quickly step L next to R, step R slightly to R
- 3-4 Rock R back slightly behind L, rock forward onto R
- &5-6 Quickly step L to L side, lock R behind L, unwind ½ turn R (weight on R)
- &7-8 Quickly step L forward, step R forward, make ¼ turn L (weight on L)

ROCK FORWARD, ROCK BACK, SHUFFLE R W/ ¼ R, SAILOR L, SAILOR R W/ ¼ R

- 1-2 Rock forward on R, rock back onto L
- 3&4 Step R back/side while making ¼ turn R, step L next to R, step R to R side
- 5&6 Step L behind R, quickly step R slightly to R, step L slightly to L
- 7&8 Step R behind L, quickly step L slightly to L, step R slightly to R while making ¼ turn R

ROCK FORWARD, ROCK BACK, ½ L SHUFFLE, ROCK FORWARD, ROCK BACK, & CROSS, ¾ R

- 1-2 Rock forward on L, rock back onto R
- 3&4 Step L back/side while making ¼ turn L, step R next to L, step L back/side while making ¼ turn L
- 5-6 Rock forward on R, rock back onto L
- &7-8 Quickly step R slightly back, cross L over R, unwind ¾ R keeping weight on L

STEP FORWARD, DRAG, STEP FORWARD, DRAG, ROCK FORWARD, ROCK BACK, & CROSS, ½ R

- 1-2 Big step R forward, drag L towards R
- 3-4 Big step L forward, drag R towards L
- 5-6 Rock forward on R, rock back onto L
- &7-8 Quickly step R slightly back, cross L over R, unwind ½ R keeping weight on L

STEP FORWARD, DRAG, STEP FORWARD, DRAG, ROCK FORWARD, ROCK BACK, & CROSS, ¾ R

- 1-2 Big step R forward, drag L towards R
- 3-4 Big step L forward, drag R towards L
- 5-6 Rock forward on R, rock back onto L
- &7-8 Quickly step R slightly back, cross L over R, unwind ¾ R keeping weight on L

PART B

STEP, TOUCH, CLAP, ¼ L, CLAP, CLAP, STEP FORWARD, ¼ L, CROSS SHUFFLE

- 1-2 Step R to R side, touch L next to R & clap hands
- 3&4 Step L to L side while making ¼ turn L, clap hands twice
- 5-6 Step R forward, pivot ¼ turn L
- 7&8 Step R across L, quickly step L to L, step R across L

ROCK L, ROCK BACK, ¼ L, CROSS & HEEL & CROSS & HEEL & CROSS & HEEL

- 1-2 Rock L to L side, rock R to R while making ¼ turn L *******(see below)**

3&4 Cross L over R, quickly step R back to R 45', touch L heel forward at L 45'
&5&6 Quickly step L back at L 45', cross R over L, quickly step L back at L 45', touch R heel forward at R 45'
&7&8 Quickly step R back at R 45', cross L over R, quickly step R back at R 45', touch L heel forward at L 45'

& ROCK FORWARD, ROCK BACK, & ½ R, ¼ R, CROSS SHUFFLE

&1-2 Quickly step L to center, rock forward on R, rock back on L
&3-4 Quickly step R to center, step L forward, pivot ½ turn R
5-6 Step L forward, pivot ¼ turn R
7&8 Step L across R, quickly step R to R, step L across R

POINT, & HEEL, & HEEL, TAP TOE TWICE, ROCK FORWARD, ROCK BACK, & CROSS, ½ R

1&2 Point R to R, quickly step R next to L, touch L heel forward
&3&4 Quickly step L next to R, touch R heel forward, tap R toe next to L twice
5-6 Rock forward on R, rock back onto L
&7-8 Quickly step R slightly back, cross L over R, unwind ½ R keeping weight on L

Start Again?Have Fun!!!

******* RESTART - CROSS L OVER R UNWIND ½ TURN R TO FRONT (SONG WILL COUNT YOU BACK IN RESTART WITH B AND KEEP DOING PART B TILL SONG ENDS.**

HAVE FUN SONG TELLS YOU WHAT TO DO HOPEFULLY YOU HAVE FUN WITH IT

[Website](#)
