

# TAKE A BITE

**COPPER KNOB**  
ART OF MOVEMENT

**Count:** 32      **Wall:** 4      **Level:** Intermediate level

**Choreographer:** Peter Metelnick & Alison Biggs

**Music:** Forbidden Fruit by Jessica Simpson



**1-8 R forward, L  
kick-bump-flick,  
L sailor step, ¼  
R sweep into R  
rock back &  
recover**

1-2 Step R  
forward, kick L  
forward on L  
diagonal  
3-4 Stepping L  
to L side bump  
hips L, switching  
weight on R foot  
flick L to L side  
5&6 Cross step  
L behind R, step  
R to R side, step  
L to L  
7-8 Turning ¼ R  
rock R back,  
recover weight  
on L

**9-16 R forward  
rock & recover,  
R together, L  
forward, ½ R  
pivot turn, L  
forward rock &  
recover, L  
together, ¼ R  
heel grind**

1-2 Rock R  
forward, recover  
weight on L  
& Step R  
together  
3-4 Step L  
forward, pivot ½  
R  
5-6 Rock L  
forward, recover  
weight on R  
& Step L  
together  
7-8 Touch R  
heel to R side  
turning, grind R  
heel right turning  
¼ R

(weight remains  
on L)

**&17-24 R back,  
L heel forward,  
hold, R heel  
jack, R ball  
cross, R heel  
up & down, L  
forward, R  
touch behind**  
&1-2 Step R  
back, touch L  
heel forward,  
hold  
&3 Step L back,  
cross step R  
over L  
&4 Step L to L,  
touch R heel  
forward  
&5 Step R to R,  
cross step L over  
R  
&6 Raise R  
heel, press R  
heel down with  
weight ending on  
R  
7-8 Step L  
forward, touch R  
behind L

**25-32  $\frac{1}{4}$  R back,  
 $\frac{1}{4}$  L & L  
forward, R  
forward,  $\frac{1}{2}$  L  
pivot turn, R  
together, L  
syncopated vine**

1-2 Turning  $\frac{1}{4}$  R  
step R back,  
turning  $\frac{1}{4}$  L step  
L forward  
3&4 Step R  
forward, pivot  $\frac{1}{2}$   
L, step R  
together  
5 Step L to L  
6& Cross step R  
behind L, turning  
 $\frac{1}{4}$  L step L  
forward  
7-8 Step R  
forward, step L  
slightly forward

**Restart 1:**

Facing R side  
wall the first time  
around. Dance  
the first 8 counts  
of the dance  
which will take  
you to the back  
wall. Add the  
following 2  
COUNTS ? Step  
R forward, pivot  
 $\frac{1}{2}$  L (this takes  
you to the front  
wall). Start the  
dance again.

**Restart 2:**

4 walls later  
after the first  
restart you will  
be facing the  
front wall. Dance  
the first 18  
counts of the  
dance which will  
take you to the  
front wall. Add  
the following 2  
COUNTS ? &1-  
2: Step L back,  
touch R  
together, hold.  
Now restart the  
dance.

**Dance ends  
facing front  
wall.**

*(start after 32 count intro)*