

# Groovilicious

**COPPER** KNOB  
BY STEPHEN METELNICK

Count: 32

Wall: 4

Level: Improver

Choreographer: Peter Metelnick (UK)

Music: Best Years of Our Lives - Baha Men



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## RIGHT SIDE MAMBO, LEFT SIDE TOUCH & CLAP 2X, ¼ LEFT COASTER STEP, SKATE FORWARD 2

- 1&2 Rock right foot to right side, recover weight on left foot, step right foot together  
3&4 Touch left toes to left side, hold & clap 2x  
5&6 Turning ¼ left step left foot back, step right foot together, step left foot forward  
7 Step right foot forward turning right toes on right diagonal  
8 Step left foot forward turning left toes on left diagonal

## RIGHT HEEL BALL CROSS, RIGHT STEP BACK, LEFT HEEL BACK CROSS, ¾ LEFT UNWIND, LEFT FORWARD SHUFFLE, RIGHT KICK FORWARD

- 1&2 Touch right heel forward, step right foot back, cross step left foot over right  
& Step right foot back  
3&4 Touch left heel forward, step left foot back, cross step right foot over left  
5 Unwind ¾ left keeping weight on right foot (option - hitch left knee up slightly)  
6&7 Step left foot forward, step right foot together, step left foot forward  
8 Kick right foot forward

## RIGHT TOGETHER, LEFT TO LEFT SIDE, RIGHT TOGETHER, LEFT SIDE SHUFFLE, RIGHT CROSS STEP & UNWIND FULL TURN LEFT, RIGHT SIDE SHUFFLE

- &1-2 Step right foot together, step left foot to left side, step right foot together  
3&4 Step left foot to left side, step right foot together, step left foot to left side  
5-6 Cross step right foot over left, unwind full turn left with weight ending on left foot  
7&8 Step right foot to right side, step left foot together, step right foot to right side

## LEFT CROSS ROCK & RECOVER, ¼ LEFT & FORWARD SHUFFLE, RIGHT KICK, RIGHT BACK, LEFT APART, RIGHT BACK, LEFT TOGETHER, HOLD & CLAP 2X

- 1-2 Cross rock left foot over right, recover weight on right foot  
3&4 Turning ¼ left step left foot forward, step right foot together, step left foot forward  
5&6 Kick right foot forward, step right foot back, step left foot apart  
&7 Step right foot back and in towards left foot, step left foot together  
&8 Clap 2x

**REPEAT**

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