

Extreme

COPPER KNOB
STEPSHEETS

Count: 48

Wall: 4

Level: Intermediate/Advanced

Choreographer: Daniel Whittaker (UK)

Music: Dance & Shout - Shaggy



RIGHT GRAPEVINE, TWIST, TWIST, CHASSE LEFT

- 1-4 Step right to side, step left behind right, step right to side, touch left beside right
- 5-6 Keeping left toe beside right push left knee out to left side, push left knee back to center
- 7&8 Step left to side, close right to left, step left to side

GROOVY WALK (WITH A LOT OF ATTITUDE)

- 1&2 Step right forward, lift right heel off the floor, step weight on right foot (2:00)
- 3&4 Step left forward, lift left heel off the floor, step weight on left foot (10:00)
- 5 Step right foot forward (1:00)
- 6 Step left foot forward (12:00)
- 7-8 Keeping right toe where it is bring your right heel to your left instep, step right heel back in place (weight on right)

COASTER STEP, PADDLE STEP $\frac{3}{4}$ TURN, HIP BUMPS (WITH ATTITUDE)

- 1&2 Step left foot back, close right to left, step forward left foot
- 3&4 Make $\frac{1}{4}$ turn left touch right toe to right side, slightly hitch right knee and make $\frac{1}{2}$ turn left, touch right toe to right side
- 5&6 Place weight down on right foot make sure you lean to the right and bump hip right, left, right
- 7&8 Lean to the left side and bump hip left, right, left

STEP FORWARD TOUCH, STEP BACK $\frac{1}{4}$ TURN, FORWARD $\frac{1}{2}$ TURN, BACK SHUFFLE

- 1-2 Step right foot forward, touch left toe behind right heel
- 3-4 Step back left foot, make $\frac{1}{4}$ turn right and step forward right foot
- 5-6 Step forward left foot, make $\frac{1}{2}$ turn left step back right
- 7&8 Step left foot back, close right to left, step left foot back

TAP RIGHT, KICK BALL CHANGE, KICK STEP BACK, CROSS BACK STEP SIDE

- 1&2 Touch right toe forward place right heel down, raise right heel, place heel down
- 3&4 Kick right foot forward, place ball of right foot beside left, place left beside right
- 5-6 Kick right foot forward, step right foot back
- 7&8 Cross left over right, step back right foot, step left foot to left side (weight on left)

Option 1: intermediate

4 HEEL SWITCHES $\frac{1}{4}$ TURN RIGHT, STOMP KICK CROSS OVER UNWIND $\frac{1}{2}$ TURN RIGHT

- 41&42& Touch right heel forward, touch left heel forward, make $\frac{1}{4}$ turn right
- 43&44 Touch right heel forward, touch left heel forward
- &45 Step left beside right, cross right over left
- 46-47 Kick left foot diagonally out to left side, cross left over right
- 48 Unwind $\frac{1}{2}$ turn right

Option 2: advanced

RUNNING MAN STEPS $\frac{3}{4}$ TURN

- 41 Jump both feet out right diagonally forward, left diagonally back
- & Jump both feet in keeping weight on right foot, hitching left foot beside right
- 42 Jump both feet out left diagonally forward, right diagonally back
- & Jump both feet in keeping weight on left foot, hitching right foot beside left
- 43 Jump both feet out right diagonally forward, left diagonally back
- &44& Jump both feet in keeping weight on right foot making $\frac{1}{4}$ turn right, hop another $\frac{1}{4}$ turn right, hop another $\frac{1}{4}$ turn right hitching left foot beside right

45	Jump both feet out left diagonally forward, right diagonally back
&	Jump both feet in keeping weight on left foot, hitching right foot beside left
46	Jump both feet out right diagonally forward, left diagonally back
&	Jump both feet in keeping weight on right foot, hitching left foot beside right
47&48	Kick left foot forward, step left beside right, touch right beside left

REPEAT
