

# Motivate

COPPER KNOB  
BY STEPHEN BETTS

拍數: 32      牆數: 4      級數: Low Intermediate  
編舞者: Dustin Betts (USA) - February 2023  
音樂: Motivate - Jeremiah Asiamah



Intro – 32 counts from beginning of song

**[1 – 8] SIDE, BEHIND-SIDE-CROSS, BALL CROSS, R ROCK, RECOVER, R BACK, ¼, ½.**

1 2 & 3      Step R to right side (1), Cross L behind R (2), Step R to right side (&), Cross L over R (3)  
12.00  
& 4      Step ball of R foot slightly next to L (&), Cross L over R (4) 12.00  
5 6      Rock R to fwd right diagonal (5), Recover onto L (6), 12.00  
7 8 &      Step R back (7), Make ¼ turn left stepping L fwd (8). Make ½ left stepping R slightly back (&)  
3.00

**[9 – 16] BUMP L, BUMP R, L SHUFFLE, CROSS ROCK 1/4 , L SHUFFLE.**

1 2      Step L slightly to left bumping hips left (1), Step R slightly to right bumping hips right (2) 3.00  
3 & 4      Step L to left side (3), Step R next to L (&), Step L to left side (4), 3.00  
5 & 6      Cross rock R across L (5), Recover onto L (&), Make ¼ turn right stepping R fwd (6) 6.00  
7 & 8      Step L fwd (7), Step R next to L (&) Step L fwd (8), 6.00

**[17 – 24] (2) HIP ROLL ¼ TURN, (2) HIP BUMPS, L SAILOR STEP**

1 2      Step R fwd (1), Make ¼ turn left rolling hips counter clockwise taking weight onto L (2) 3.00  
3 4      Step R fwd (3), Make ¼ turn left rolling hips counter clockwise taking weight onto L (4) 12.00  
5 & 6      Bump R hip to right taking weight on R (5), Recover onto L (&), Bump R hip to right taking  
weight on R (6), 12.00  
7 & 8      Step L slightly behind R (7), Step R to right side (&), Step L to left side (8). 12.00

**[25 – 32] R CROSS SAMBA, ROCK, RECOVER, BACK L-R-L, BACK ROCK, ¼ RECOVER**

1 & 2      Cross R over L (1), Rock L to left side (&), Recover onto R (2) 12.00  
3 4      Rock fwd onto L (3), Recover onto R (4) 12.00  
5 6 7      Step L back (5), Step R back (6), Step L back (7) 12.00  
8 &      Rock R back (8) Make ¼ left recovering onto L (&) 9.00

Tags: After wall 1 & wall 5.

Tag 1: Step R to right side rolling hips counter clockwise (1), Step L next to R (2)

Tag 2: Step R to right side rolling hips counter clockwise (1), Step L next to R (2), Step R to right side rolling  
hips counter clockwise (3), Step L next to R (4)

Enjoy!