

We Know

COPPER KNOB
STEPPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Beautiful Crazy Dancing (USA) - April 2025
音樂: Nah Follow Dem - Sean Paul



Sequence: A, A, B, A, A, B, A, A, B, A, A

Part A: 16c

Section 1: Rock Step Side x2, Walk Forwards x4

1-2 | Right rock step to the side
3&4 | Left rock step to the side
5-8 | Walk forwards right, left, right, left

Section 2: Slide Back, Coaster Step, Cross ½ Turn, Sailor x2

&1 | Slide back with left foot
&2-4 | Right coaster step (right foot back, left foot together, right foot crossover left), ½ turn over left shoulder
5&6 | Left Sailor Step
7&8 | Right Sailor Step

Part B: 32c

Section 1: Stomp x4, Karaoke, Ball Change

1-4 | RF stomp x4, ¼ turn to the left
5-6 | Stomp LF, cross behind with RF
&7 | Step side with LF, cross in front with RF
&8 | With RF crossed over LF, ball change right, left

Section 2: Side Rock x2, Full Turn, Triple Step

1&2 | Left side rock step
3&4 | Right side rock step
5-6 | Step front with left foot, full turn over right shoulder
7&8 | Left triple step forwards

Section 3: Step Together x2, Toe Heel x4

1-2 | Step diagonal front right, together with left foot
3-4 | Step diagonal front left, together with right foot
5&6 | Right foot toe, heel, toe
&7&8 | Right foot heel, toe, heel, toe, heel

Section 4: Kick Step Point x2, Stomp x4 w/ ¼ Turn

1&2 | Kick right foot front then together, tap left foot side then together
3&4 | Kick left foot front then together, tap right foot side then together
5-8 | Stomp right foot x4 and ¼ turn to the left