

# Quintessence

**COPPER** KNOB  
STEPPERS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: John Robinson (USA)  
音樂: Dreams (Bliss Mix) - Essence



To begin with lyrics, start 96 counts in after the heavy beat kicks in or, you can get two additional walls in by starting immediately on the heavy beat

## RIGHT SIDE, BEHIND, SIDE, TOUCH, TURN LEFT $\frac{1}{4}$ , TURN LEFT $\frac{1}{2}$ , COASTER STEP

1-2      Step right to right side, step left behind right  
3-4      Step right to right side, touch left next to right  
5-6      Turn  $\frac{1}{4}$  left and step left forward (9:00), turn  $\frac{1}{2}$  left and step right back (3:00)  
7&8      Step ball of left foot back, step ball of right foot next to left, step left forward

## RIGHT KICK-BALL-STEP, RIGHT HITCH & A BACK ROCK, WALK FORWARD RIGHT-LEFT, FORWARD MAMBO

1&2      Kick right forward, step ball of right foot next to left, step left forward  
3-a4      Hitch right knee, hold, rock right back, recover to left  
5-6      Step right forward, step left forward  
7&8      Rock ball of right foot forward, recover to left, step right next to left

## WALK BACK LEFT-RIGHT, LEFT TOUCH BACK, REVERSE $\frac{1}{4}$ TURN, RIGHT SIDE STEP, LEFT ROCK BACK RECOVER, LEFT SIDE STEP

1-2      Step left back, step right back  
3-4      Touch left back, turn  $\frac{1}{4}$  left (weight to left, 12:00)  
5-6      Step right to right side, rock ball of left foot behind right  
7-8      Recover to right, step left to left side

## ROCK BACK, RECOVER, TRIPLE STEP TURNING $\frac{1}{4}$ RIGHT, STEP FORWARD, $\frac{1}{2}$ TURN RIGHT, OUT-OUT, IN-TOUCH

1-2      Rock ball of right foot behind left, recover to left  
3&4      Turn  $\frac{1}{4}$  right and shuffle forward stepping right, left, right (3:00)  
5-6      Step ball of left foot forward, turn  $\frac{1}{2}$  right (weight to right)  
&7&8      Step left to left side, step right to right side, step left to center, touch right next to left

## WALK FORWARD RIGHT-LEFT, RIGHT SIDE BALL-CHANGE, TOGETHER, LEFT SIDE, BEHIND, LEFT SIDE BALL-CHANGE, TOGETHER

1-2      Step right forward, step left forward  
&3-4      Rock ball of right foot to right side, recover to left, step right next to left  
5-6      Step left to left side, step right behind left  
&7-8      Rock ball of left foot to left side, recover to right, step left next to right

## RIGHT SIDE STEP, BUMP HIPS RIGHT, LEFT SIDE STEP, BUMP HIPS LEFT, RIGHT SIDE STEP, $\frac{1}{2}$ TURNING SAILOR CROSS & CROSS

1-2      Step right to right side, bump hips right  
3-4      Step left to left side, bump hips left  
5-6&      Step right to right side, swing left behind right stepping ball of foot and starting  $\frac{1}{2}$  turn left (toward 9:00), step ball of right foot in place finishing  $\frac{1}{2}$  turn left  
7&8      Step left across right, step ball of right foot to right side, step left across right

## REPEAT

