

# East Coast Switch (P)

**COPPER** KNOB  
BY STEPHEN HETS

拍數: 48      牆數: 0      級數: Partner  
編舞者: Debbie Small (USA) & Fred Rapoport (USA)  
音樂: No One Needs to Know - Shania Twain



**Position: Starts in double open hand hold position, man facing outside of dance floor / Lady facing inside**

## SIDE STEPS AND SLIDES

- 1-2      **MAN:** Step to left with left, slide right next to left  
          **LADY:** Step to right with right, slide left next to right
- 3-4      **MAN:** Step to left with left, touch right next to left  
          **LADY:** Step to right with right, touch left next to right
- 5-6      **MAN:** Step to right with right, slide left next to right  
          **LADY:** Step to left with left, slide right next to left
- 7-8      **MAN:** Step to right with right, touch left next to right  
          **LADY:** Step to left with left, touch right next to left

## SWING AND PIVOT TURNS

- 9&10      **MAN:** Shuffle to left (left-right-left)  
          **LADY:** Shuffle to right (right-left-right)
- 11      **MAN:** Pivot  $\frac{1}{4}$  to the right as you rock back right (releasing lady's left hand)  
          **LADY:** Pivot  $\frac{1}{4}$  to the left as you rock back left (releasing man's right hand)
- 12      **MAN:** Rock forward left as you pivot  $\frac{1}{4}$  to the left to face partner  
          **LADY:** Rock forward right as you pivot  $\frac{1}{4}$  to the right to face partner
- 13&14      **MAN:** Rejoin hands and shuffle right (right-left-right)  
          **LADY:** Rejoin hands and shuffle left (left-right-left)
- 15      **MAN:** Pivot  $\frac{1}{4}$  to the left as you rock back left (releasing lady's right hand)  
          **LADY:** Pivot  $\frac{1}{4}$  to the right as you rock back right (releasing man's left hand)
- 16      **MAN:** Rock forward right as you pivot  $\frac{1}{4}$  to the right to face partner  
          **LADY:** Rock forward left as you pivot  $\frac{1}{4}$  to the left to face partner
- 17&18      **MAN:** Rejoin hands and shuffle left (left-right-left)  
          **LADY:** Rejoin hands and shuffle right (right-left-right)
- 19      **MAN:** Pivot  $\frac{1}{4}$  to the right as you rock back right (releasing lady's left hand)  
          **LADY:** Pivot  $\frac{1}{4}$  to the left as you rock back left (releasing man's right hand)
- 20-24      **MAN:** Rock forward left, place lady into outside underarm turn, and step in place (right-left-right), touch left  
          **LADY:** Rock forward right, pivot  $1\frac{1}{2}$  to the right underarm turn under man's left arm (left-right-left) to finally face partner, touch right

**Partners rejoin in closed dance position (having rotated  $\frac{1}{4}$  to the right turn from original starting dance position)**

## SWING, TUCK AND TURN

- 25&26      **MAN:** Shuffle to your left (left-right-left)  
          **LADY:** Shuffle to right (right-left-right)
- 27&28      **MAN:** Shuffle to right (right-left-right)  
          **LADY:** Shuffle to your left (left-right-left)
- 29      **MAN:** Release lady's right hand, as you rock back left, opening and slightly pivoting away from your partner  
          **LADY:** Release man's left hand, as you rock back right, opening and slightly pivoting away from your partner
- 30      **MAN:** Rock forward right, as you pivot back toward your partner, picking up her right hand in your left

- LADY:** Rock forward left, as you pivot back toward your partner, picking up his left hand in your right
- 31&32 **MAN:** Place lady into outside underarm turn, as you pivot a  $\frac{1}{4}$  turn to the left, shuffling in place (left-right-left)
- LADY:** Touch right next to left, step forward right, as you pivot a  $\frac{1}{4}$  underarm turn to the right, under gentleman's left arm
- 33&34 **MAN:** Shuffle in place right, left, right
- LADY:** Shuffle (left-right-left) as you complete  $\frac{1}{2}$  turn to the right to face your partner
- 35-36 **MAN:** Rock back left, forward right
- LADY:** Rock back right, forward left

**Man and lady are now facing each other at original starting dance position in single hand hold position (man holding lady's right hand in his left hand only)**

### **SHUFFLES & TURNS**

- 37&38 **MAN:** Release hands and shuffle forward (left-right-left), passing your partner on your right
- LADY:** Release hands and shuffle forward (right-left-right), passing your partner on your right
- 39&40 **MAN:** Shuffle forward (right-left-right) as you complete a  $\frac{1}{2}$  turn to the left
- LADY:** Shuffle forward (left-right-left) as you complete a  $\frac{1}{2}$  turn to the right
- 41-42 **MAN:** Rock back left, forward right
- LADY:** Rock back right, forward left
- 43&44 **MAN:** Shuffle forward (left-right-left)
- LADY:** Shuffle forward (right-left-right)
- 45&46 **MAN:** Shuffle forward (right-left-right) as you complete a  $\frac{1}{2}$  turn to the left
- LADY:** Shuffle forward (left-right-left) as you complete a  $\frac{1}{2}$  turn to the right
- 47-48 **MAN:** Rock back left, forward right
- LADY:** Rock back right, forward left

**Man and lady are back in starting dance positions (offset one partner to the left of their original partner)**

**REPEAT**

---