

# Alive And Free

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Sylvia Schell (USA)  
音樂: Who Wouldn't Wanna Be Me - Keith Urban



Count 48 counts and start the dance. This is before the vocal starts, but the dance will end with the music

## **SIDE, ROCK, RECOVER, ¼ TURN, ½ TURN, STEP BACK, COASTER STEP**

- 1-2-3      Step left to left, rock back (5th position) with right, recover on left  
4-5-6      Turn ¼ turn right stepping on right, spin ½ turn right on right while stepping back on left, step back on right  
7&8      Step back on left, step back on right beside left, step forward on left

## **CROSS, BACK, BIG STEP, TOUCH, CROSS, RECOVER, ¼ TURN, TOUCH**

- 1-2      Cross right over left, step back with left  
3-4      Step big step to right with right, touch left beside right  
5-6      Cross rock left over right, recover on right  
7-8      Turning ¼ turn left step forward on left, touch right beside left

## **STEP RIGHT, ROCK, RECOVER, STEP LEFT, ROCK, RECOVER, SHUFFLE**

- 1-2-3      Step right to right side, rock back (5th position) on left, recover on right  
4-5-6      Step left to left side, rock back (5th position) on right, recover on left  
7&8      Shuffle forward (right, left, right)

## **½ TURN, STEP, COASTER STEP, RIGHT MONTEREY TURN, ROCK RIGHT**

- 1-2      Spin ½ turn right on right while stepping back on left, step back on right  
3&4      Step back on left, step back on right beside left, step forward on left foot  
5-6      Touch right toe to right side, turn ½ turn to right on ball of left stepping on right  
7-8&      Touch left toe to left, step on ball of left beside right, rock onto right beside left

## **ROCK, RECOVER, BACK RONDÉS LEFT, RIGHT, LEFT, ROCK, SHUFFLE**

- 1-2      Rock forward on left, recover on right  
3      Swing left foot to left and step back on it  
4      Swing right foot to right and step back on it  
5-6      Swing left foot to left and step back on it, rock forward on right  
7&8      Shuffle forward (left, right, left)

## **STEP RIGHT, ROCK, RECOVER, STEP LEFT, ROCK, RECOVER, SHUFFLE**

- 1-2-3      Step right to right side, rock back (5th position) on left, recover on right  
4-5-6      Step left to left side, rock back (5th position) on right, recover on left  
7&8      Shuffle forward (right, left, right)

**REPEAT**

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