

# The Dance

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**Count:** 16    **Wall:** 4    **Level:** Beginner

**Choreographer:** Tina Argyle – April 2018

**Music:** The Dance by Robert Mizzell - iTunes etc...



Please note This doesn't dance as well to the Garth Brooks track, at the end it goes out of phrase.

**Count In :** 20 counts from start of track approx. 20 seconds into the track – start on the lyric “back”

## **Basic NC Step x2. Basic NC Step ¼ Turn. Long Step, Behind, Side.**

- 1                    Take a long step right to right side
- 2&                  Rock left behind right, recover.
- 3                    Take a long step left to left side
- 4&                  Rock right behind left, recover.
- 5                    Make ¼ turn left taking a long step right to right side (9 o'clock)
- 6&                  Rock left behind right, recover.
- 7                    Take a long step left to left side
- 8&                  Cross right behind left, step left to left side

## **Cross Rock x2. Step ½ Pivot Turn Step. Run Run. (or full turn left, travelling forward over 2 counts)**

- 1                    Cross rock right over left
- 2&                  Recover weight onto left, step right at side of left
- 3                    Cross rock left over right
- 4&                  Recover weight onto right, step left at side of right
- 5                    Step forward right
- 6&7                Step forward left, make ½ right onto right, step forward left (3 o'clock)
- 8&                  Run fwd right then left – or make ½ turn left stepping back right, make ½ turn left stepping fwd left

**Tag During wall 5 section 1, make counts 7-8& another NC basic step, then Restart the dance facing 9 o'clock wall**

- 7                    Take a long step left to left side
- 8&                  Rock right behind left, recover.

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