

# Banjo Bump

**COPPER KNOB**  
BY STEPHENETS

**Count:** 32

**Wall:** 1

**Level:** Absolute Beginner

**Choreographer:** Sher McIntosh (CAN) - May 2023

**Music:** Banjo! (feat. Cowboy Troy) (Remix) - HardNox



**NO TAGS, NO RESTARTS**

**(Arm Motions are Optional but Highly Recommended)**

**Section 1: 3X Walk FWD RT/LT/RT,LT Touch, 4 LT Heel Touches FWD (without weight)**

1 – 4 Walk FWD RT, LT, RT, Touch LT Toe at RT Instep(on 4 and clap)

5 – 8 Touch LT Heel FWD 4 Times (raise & lower without weight, & pump arms to match foot motion in/out)

**Section 2: 3X Walk BACK LT/RT/LT, RT Touch, 4 RT Heel Touches FWD (without weight)**

1 - 4 Walk BACK LT, RT, LT, Touch RT Toe at LT Instep(on 4 and clap)

5 – 8 Touch RT Heel FWD 4 Times (raise & lower without weight, & pump arms to match foot motion in/out)

**(one time only Singer says go “LOW LOW LOW”, so bend forward when you back up) see demo.**

**Section 3: RT Basic with LT Touch, 4 LT Heel Touches FWD (without weight)**

1 – 4 RT to RT, LT Tog, RT to RT, Left Touch at RT Instep (on 4 and clap)

5 – 8 Touch LT Heel FWD 4 Times (raise & lower without weight, & pump arms to match foot motion in/out)

**Section 4: LT Basic with Touch, 4 RT Heel Touches FWD (without weight)**

1 – 4 LT to LT, RT Tog, LT to LT, Right Touch at LT instep(on 4 and clap)

5 – 8 Touch RT Heel FWD 4 Times (raise & lower without weight, & pump arms in/out to match foot motion),

**(3 times Singer says:” UP UP UP”, you would circle your arms overhead instead of in/out)see demo.**

[shermcintosh67@gmail.com](mailto:shermcintosh67@gmail.com)

Last Update: 10 May 2023