

# One Life, Live It Up

**COPPER** **KNOB**  
BY STEPHENETS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner



**Chorégraphe:** Yann Gourvellec (FR) & Carole Gourvellec (FR) - May 2018

**Musique:** Live It Up (feat. Will Smith & Era Istrefi) - Nicky Jam : (2018 FIFA World Cup Russia)

## **Cross rock, Side shuffle, Cross rock, Shuffle 1/4 :**

- 1-2 Cross rock Rf over Lf, Recover on Lf
- 3&4 Step Rf to R side, Step Lf next to Rf, Step Rf to R side
- 5-6 Cross rock Lf over Rf, Recover on Rf
- 7&8 Make a 1/4 turn L fwd on Lf, Close Rf behind Lf, Step Lf fwd

## **2x Hip rolls 1/4, Jazz box :**

- 1-2 ¼ turn L stepping Rf to R side & pushing your hip back and to R
- 3-4 ¼ turn L stepping Rf to R side & pushing your hip back and to R
- 5-6 Cross Rf over, Step Lf back
- 7-8 Step Rf to R side, Step fwd on Lf

## **Step, Touch, Back, Touch, Side, Touch, Rock step, Coaster step :**

- 1-2 Step Rf fwd (slightly into the diagonal), Touch Lf next to Rf
- &3 Step Lf back, Touch Rf next to Lf
- &4 Step Rf to R side, Touch Lf next to Rf
- 5-6 Rock L fwd, Recover on Rf
- 7&8 Step Lf back, Step Rf next to Lf, Step Lf fwd

## **Full turn, Triple fwd, 2x stomp, Applejacks :**

- 1-2 Make 1/2 turn L stepping back on Rf, Make 1/2 turn L stepping fwd on Lf
- 3&4 Step Rf fwd, Close Lf behind Rf, Step Rf fwd
- 5-6 Stomp Lf to L side, Stomp Rf to R side.
- &7 Swivel L toe to L as you twist R heel inward, recover to center
- &8 Swivel R toe to R as you twist L heel inward, recover to center

**Easy option : In the last section instead of making Full turn you can do 2 Walks.**

**And instead of making applejacks you can do Out-In Out-In Swivels :**

- &7 Rising on balls of feet swivel both heels out, Swivel both heels in
- &8 Still on balls of feet swivel both heels out, Swivel both heels in (weight on left)

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