

Essence of life (나의 삶의 결이)

COPPER KNOB
BY STEPHEN T. C.

Compte: 34

Mur: 4

Niveau: Beginner

Chorégraphe: Heejin Kim (KOR) & Kyungjoon Park (KOR) - June 2020

Musique: Essence of Life (나의 삶의 결이) - Markers Worship (마커스워십)



[1-8] R Basic, L Basic, R Forward Rock & back, L Back Rock & Forward

12& RF Step Side, LF Step Behind, RF Cross Over
34& LF Step Side, RF Step Behind, LF Cross Over
56& RF Step Forward, LF Recover, RF Step Backward
78& LF Step Backward, RF Recover, LF Step Forward

[9-16] Forward (R,L,R), 1/2 Turn R, Forward (L,R,L), 1/2 Turn L

1 2 RF Step Forward, LF Step Forward
34& RF Step Forward, LF Step Forward, RF 1/2 Turn R Step forward (6:00)
5 6 LF Step Forward, RF Step Forward
78& LF Step Forward, RF Step Forward, LF 1/2 Turn L Step forward (12:00)

[17-24] Cross Rock & Side (R,L), Body sway (R,L), Big Step Side and Drag, Touch

12& RF Cross over, LF Recover, RF Step Side
34& LF Cross over, RF Recover, LF Step Side
5 6 Body sway R, L
7 8 RF Big Step R with LF Drag, LF Touch Together

[25-32] Diamond Step, Over Vine with Sweep, Back Over Vine with Sweep

12& LF Step Side, RF Cross over LF Step Side
34& RF 1/8 Turn R Step backward, LF Step backward, RF 1/8 Turn R Step R (3:00)
56& LF Cross over with RF Sweep Forward, RF Cross over, LF Step Side
78& RF Cross Back with LF Sweep Back, LF Step behind, RF Step Side

[33-34] Cross and Sweep, Touch

1 2 LF Cross over with RF Sweep forward, RF Touch together

*Tag After wall 4th, 7th

1-4 1/4 Turn L Step Forward (R,L,R,L)