

Live It Up

COPPER KNOB
BY STEPHEN HETS

拍数: 112 墙数: 2 级数: Phrased Intermediate / Advanced
编舞者: Daniel Whittaker (UK) - October 2014
音乐: Live It Up (feat. Pitbull) - Jennifer Lopez : (iTunes)



NOTE: Trust me it's REALLY not hard as it may look, part B is very obvious, you will see.

START: Start 24 counts in from when it starts with the vocals "Clap your hands" this is about 19 seconds in to the music

PATTERN: A , A, then 32 counts of A, B - A, then 32 counts of A, B - A (Restart after count 40) then do 32 counts of A, B (execute counts 73 – 80)

ANOTHER NOTE: Part B always starts facing the back wall (6:00), and the restart is facing the front (12:00)

PART A – 64 counts

[1-8] Side rock, sailor ¼ turn left, rock step coaster step

1-2 Rock right to right side, recover weight on to left 12:00
3&4 Step right behind left, make ¼ turn left step left forward, step right foot forward 09:00
5-6 Rock left forward, recover weight on left 09:00
7&8 Step left back, close right to left, step left foot forward 09:00

[9-16] Step ¼ turn, cross ball step, cross side, back rock

1-2 Step right forward, make ¼ turn left 06:00
3&4 Step right over left, step left foot back, step right to right side 06:00
5-6-7-8 Cross left over right, step right to right side, rock left foot back behind right, recover weight on to right 06:00

[17-24] ½ Turn, Cross ball step, rock step, full turn triple step

1-2 Make ¼ turn right stepping left back, make further ¼ turn right stepping right to right side 12:00
3&4 Cross left over right, rock right to right side, recover weight on to left 12:00
5-6 Rock right foot forward, recover weight on to left 12:00
7&8 Make full turn triple step turning right stepping R-L-R 12:00

[25-32] Walk forward Left-Right, left shuffle, Heel switches, and step ½ turn

1-2 Walk forward left, right 12:00
3&4 Shuffle forward L-R-L 12:00
5&6& Touch right heel forward, switch and touch left heel forward, step left beside right 12:00
7-8 Step right foot forward, make ½ turn left 06:00

[33-40] Step out right-left, heel twist right-left, cross & heel, and touch

1-2 Step right slightly forward and to right side, step left to left side 06:00
3&4 Push right heel out to right, return to centre and push left heel out to left side 06:00
5&6 Cross left over right, step right slightly back, touch left heel diagonally forward left 06:00
&7-8 Step left in place, touch right beside left, hold **** RESTART ON 12:00 WALL ***** 06:00

[41-48] Switch steps, kick ball change, kick ball cross

1&2 Touch right to right, switch & touch left to left 06:00
&3&4 Step left left beside right & touch right heel forward, step right beside left & touch left toe beside right 06:00
5&6 Kick left foot forward, step left beside right foot, step right beside left foot 06:00
7&8 Kick left foot forward, step left beside right, cross right over left 06:00

[49-56] Box step turn (this makes a full turn), Rock step, Chasse left

- 1-2 Make ¼ turn right stepping left slightly back (9:00) Make ¼ turn right stepping right foot forward (12:00) 12:00
- 3-4 Make ¼ turn right stepping left slightly back (3:00) Make ¼ turn right stepping right foot forward (06:00) 06:00
- 5-6 Rock left foot over right, recover weight on to right 06:00
- 7&8 Chasse left stepping left, right, left 06:00

[57-64] Step over touch, & heel hold, Syncopated weave right

- 1-2 Cross right over left, touch left toe behind right heel 06:00
- &3-4 Step left back, touch right heel towards right diagonal, hold 06:00
- &5-6 Step right beside left, cross left over right, step right to right side 06:00
- 7&8 Step left behind right, step right to right side, step left over right 06:00

PART B – 48 counts - This always starts facing back wall

[65-72] Forward point, forward point, sailor steps, behind unwind ½ turn

- 1-4 Step forward right foot, touch left to left side, step forward left foot, touch right to right side 06:00
- 5&6 Sailor step R-L-R 06:00
- 7-8 Touch left toe behind right, unwind ½ turn to always face the front wall 12:00

[73-80] Step right side, Roll hips, roll shoulders, tap tap point HOLD

- 1 Step right to right side 12:00
- 2 Roll your hips clockwise 12:00
- 3 Bring your right shoulder forward and around to back 12:00
- 4 Bring your left shoulder forward and around to back 12:00
- 5&6 Ok now with your 2 fingers your going to take your left hand to your right shoulder and tap it, then you now take your left hand to your left shoulder and tap it and finally you point fingers out to left side at 10:00 [12:00]
- 7-8 Hold 2 counts (at this point music goes silent, continue the dance when beat kicks in)

[81-88] Rock & side, Rock & side, heel switches ¼ turn

- 1&2 Rock right over left, recover weight on left, step right beside left 12:00
- 3&4 Rock left over right, recover weight on right, step left beside right 12:00
- 5&6 Touch right heel forward, switch and touch left heel forward 12:00
- &7-8 Step left beside right, step right foot forward, make ¼ turn left 09:00

[89-96] Kick & point, kick & point, sailor step, sailor ¼ turn

- 1&2 Kick right foot forward, step right beside left, touch left to left side 09:00
- 3&4 Kick left foot forward, step left beside right, touch right to right side 09:00
- 5&6 Right sailor step stepping R-L-R 09:00
- 7&8 Left sailor step making ¼ turn left stepping L-R-L 06:00

[97-104] Rock & side, Rock & side, heel switches ¼ turn

- 1&2 Rock right over left, recover weight on left, step right beside left 06:00
- 3&4 Rock left over right, recover weight on right, step left beside right 06:00
- 5&6 Touch right heel forward, switch and touch left heel forward 06:00
- &7-8 Step left beside right, step right foot forward, make ¼ turn left 03:00

[105-112] Kick & point, kick & point, sailor step, behind unwind ¾ turn to face 6:00 wall

- 1&2 Kick right foot forward, step right beside left, touch left to left side 09:00
- 3&4 Kick left foot forward, step left beside right, touch right to right side 09:00
- 5&6 Right sailor step stepping R-L-R 09:00
- 7-8 Touch left behind right, unwind ¾ turn left to face the back wall 06:00

**** It's one of those dances that once you know the music, it just clicks and you know what to do!!!**

GOOD LUCK

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