

Live It Up

COPPER KNOB
STEPSHEETS

拍数: 146 墙数: 0 级数: Intermediate
编舞者: Mei Rizal (INA) - November 2014
音乐: Live It Up (feat.Pitbull) - Jennifer Lopez



Intro/Tag : 40 count - Phrase, Tag-A-A-B-C-A-B-C-A-Tag-C(40)-A

TS1.□

1 - 8 Free Style

TS2.□

1 - 4 Walking on R-L-R-L

5 - 6 Rock R forward, recover on L

7&8 Step back on R, step L next to R, cross R over L

TS3.□

1 - 2 Rock L to left, recover on R

3&4 Cross L behind R, step R to right, cross L over R

5 - 6 ¼ turn left step back on R, ¼ turn left step L to left

7&8 Shuffle forward on R-L-R

TS4.□

1 - 8 Repeat TS3.

TS5.□

1 - 2 Rock L forward, recover on R

3&4 Full turn to left triple step on L-R-L

5 - 8 Rocking Chair, Rock R forward, recover on L, rock back on R, recover on L

A : 32 count

A1.□ROCK FORWARD, RECOVER, ¾ TURN RIGHT, CROSS OVER 2X, ¼ TURN LEFT

1 - 2 Rock R forward, recover on L

3 - 4 ½ turn right step R forward, ¼ turn right step L to left

5 - 6 Cross R over L, step L to left

7 - 8 Cross R over L, ¼ turn left step L forward

A2.□STEP FORWARD, ½ TURN LEFT, SHUFFLE FORWARD, CROSS-SIDE-HEEL (L-R)

1 - 2 Step R forward, ½ turn left step L on place

3&4 Shuffle forward on R-L-R

5&6& Cross L over R, step R to right, touch L heel diagonal forward, step L in place

7&8& Cross R over L, step L to left, touch R heel diagonal forward, step R in place

A3.□CROSS OVER, ¼ TURN LEFT, CHASSE TO LEFT, STEP FORWARD, TOE TOUCH TO FORWARD & BACK, ½ TURN UPPER BODY TO LEFT (TRANSFER WEIGHT)□

1 - 2 Cross L over R, ¼ turn left step back on R

3&4 Chasse to left on L-R-L

5 - 6 Step R forward, touch L toe forward

7 - 8 Touch L toe to back, ½ turn upper body to left (weight on L)

A4.□STEP SIDE, ¼ TURN LEFT, HITCH, STEP SIDE-TOGETHER- FORWARD, STEP FORWARD, POINT TO SIDE, COASTER STEP

1 - 2 Step R to right, ¼ turn left hitch on L

3&4 Step L to left, step R next to L, step forward on L

5 - 6 Step R forward, touch L to left side

7&8 Step back on L, step R next to L, step forward on L

B : 64 count

B1.□STEP SIDE, CROSS OVER, FULL TURN R, STEP SIDE-BACK-RECOVER (R-L)

- 1 - 4 Step R to right, cross L over R, turn upper body full to right (weight on L)
- 5,6& Step R to right, step back on L, recover on R
- 7,8& Step L to left, step back on R, recover on L

B2. □ ¼ TURN RIGHT, STEP FORWARD, PIVOT ½ R, FULLTURN TO LEFT, SHUFFLE FRW

- 1 - 4 ¼ turn right step forward on R-L pivot ½ right step on R, step L forward
- 5 - 6 ½ turn left step back on R, ½ turn left step forward on L
- 7&8 Shuffle forward on R-L-R

B3. □ STEP SIDE, CLOSE, SCISSORS, ½ TURN LEFT, KICK BALL STEP

- 1 - 2 Step L to left, close R together L
- 3&4 Step L to left, close R together L, cross L over R
- 5 - 6 ¼ turn left step back on R, ¼ turn left step L to left
- 7&8 Kick ball R forward, step R in place, step forward on L

B4. □ TOE STRUTS R-L-R-L ¾ TURN RIGHT

- 1 - 4 Touch R toe forward, drop R heel, ¼ turn right touch L toe to left, drop L heel
- 5 - 8 ¼ turn right touch R toe to back, ¼ drop R heel, touch L toe forward, drop L heel

B5. □ SAMBA STEP (R-L-R), STEP FORWARD ¼ TURN LEFT WITH FLICK

- 1&2 Cross R over L, step L to left, step R in place
- 3&4 Cross L over R, step R to right, step L in place
- 5&6 Cross R over L, step L to left, step R in place
- 7 - 8 Step forward on L, ¼ turn left flick R

Note : do the B6, B7 and B8 session based on the B5.

C : 50 count

C1. □ WEAVE TO LEFT, FULL TURN TO LEFT & CHASSE

- 1 - 4 Cross R over L, step L to left, cross R behind L, ¼ turn left step L forward
- 5 - 6 Step R forward, ½ turn left step L
- 7&8 ¼ turn left Chasse to right on R-L-R

C2. □ STEP FORWARD, KICK BALL TOUCH, STEP FORWARD, KICK BALL TOUCH

- 1 - 2 Step forward on L - R
- 3&4 Kick L forward, step L next to R, touch R to right side
- 5 - 6 Step forward on R - L
- 7&8 Kick R forward, step R next to L, touch L to left side

C3. □ WEAVE TO RIGHT, FULL TURN TO RIGHT & CHASSE

- 1 - 4 Cross L over R, step R to right, cross L behind R, ¼ turn right step R forward
- 5 - 6 Step L forward, ½ turn right step R
- 7&8 ¼ turn right chasse to left on L-R-L

C4. □ ROCK RECOVER, SHUFFLE BACK, FULL TURN L/STEP BACK, COASTER STEP

- 1 - 2 Rock R forward, recover on L
- 3&4 Shuffle back on R-L-R
- 5 - 6 ½ turn left step L forward, ½ turn left step back on R (Option : Step back on L - R)
- 7&8 Step back on L, step R next to L, step L forward

C5. □ PIVOT ½ TURN LEFT (2X), OUT-OUT (2X)

- 1 - 4 Pivot, step R forward, ½ turn left, step forward on R, ½ turn left
- 5 - 8 Step R forward out to right, step L forward out to left, repeat (shake your body)

C6. □ TOE BEHIND, ½ TURN RIGTH, STEP FORWARD, ½ TURN RIGHT, STEP SIDE, HOLD

- 1 - 4 Cross R toe behind L, hold, unwind ½ turn right (weight on R), hold

5 – 8 Step forward on L – R – L, ½ turn right step on R
9 – 10 Step L to left, Hold (Weight on L)

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