

How You Live

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate waltz
编舞者: Pat Cosgrave (NZ) - January 2015
音乐: How You Live (Turn Up the Music) - Point of Grace : (Album: How You Live -
Deluxe Edition)



Intro: Dance starts on the word "Up" of the first vocals "Wake Up to the sunlight...."

S1: CROSS R, UNWIND ½ L, L BACK LOCK

1, 2, 3 Cross R over L, Unwind ½ L turn (2 counts)
4, 5, 6 Step L back on L 45 degrees, Step R back across L, Step L back on L 45 degrees □ (6.00 o'clock)

S2: R FULL TURN (RLR), L CROSS WALTZ

1, 2, 3 Make ¼ R turn step R fwd, Make ½ R turn step L back, Make ¼ R turn step R to R side
4, 5, 6 Cross L over R, Rock R to R side, Recover L to L side (6.00 o'clock)

S3: FWD R, PIVOT ½ L DRAG L TO R, FWD L FULL TURN (LRL)

1, 2, 3 Step R fwd, Pivot ½ L while dragging L back beside R (2 counts)
4, 5, 6 Step L fwd, Make ½ L turn step back R, Make ½ L turn step fwd L drag R to L
(Option for counts 4, 5, 6 Step L fwd, Step R beside L, Step L fwd) □ (12.00 o'clock) □ □

S4: CROSS, SIDE, BACK, CROSS, BACK, ½ TURN

1, 2, 3 Step R across L, Step L to L side, Step R back
4, 5, 6 Step L across R, Step R back, Make ½ turn Left step fwd L □ (6.00 o'clock)

S5: R ROCK, RECOVER, CROSS, STEP L TO L SIDE DRAG R TO L (over 2 counts)

1, 2, 3 Rock R to R side, Recover onto L, Cross R
4, 5, 6 Step L to L side, Drag R to L (2 counts) □ (6.00 o'clock)

S6: R ROCK, RECOVER, CROSS, STEP L TO L SIDE DRAG R TO L (over 2 counts)

1, 2, 3 Rock R to R side, Recover onto L, cross R
4, 5, 6 Step L to L side, Drag R to L (2counts) (6.00 o'clock)

S7: BEHIND ROCK, RECOVER, SIDE, BEHIND, ¼ TURN, ¼ SIDE

1, 2, 3 Rock R behind L, Recover onto L, Step R to R side *
4, 5, 6 Step L behind R, Make ¼ turn R step fwd R, Make ¼ turn R step L to L side # (12.00 o'clock)

S8: R SAILOR STEP, L CROSS SAMBA ½ TURN

1, 2, 3 Step R behind L, Step L to L side, Step R to R side
4, 5, 6 Cross L over R, Make ¼ L turn step back on R, Make ¼ L turn step L to L side □ (6.00 o'clock)

[48] □

BRIDGE (as from 6.00 o'clock)

BR1: R MODIFIED JAZZBOX, L MODIFIED JAZZ BOX

1,2,3 Cross R over L, Step L back, Step R Back on L 45 degrees
4,5,6 Cross L over R, Step R back, Step L back on R 45 degrees □ (6.00 o'clock)

BR2: FWD R, ½ R TURN, BACK R, LEFT BACK, COASTER STEP

1,2,3 Step fwd on R, Make ½ R turn step back on L, Step back on R
4,5,6 Step L back, Step R beside L, Step L fwd □ (12.00 o'clock)

BR3: FWD R LOCK, FWD L LOCK

1,2,3 Step R fwd, Step L behind R, Step R Fwd
4,5,6 Step L fwd, Step R behind L, Step L fwd□(12.00 o'clock)

BR4: FWD R, PIVOT ½ L, HOLD

1,2,3 Step R fwd, Pivot ½ L, Hold (weight on L)□(6.00 o'clock)

BR5: FWD R LOCK, FWD L LOCK

1,2,3 Step R fwd, Step L behind R, Step R fwd
4,5,6 Step L fwd, Step R behind L, Step L fwd□(6.00 o'clock)

BR6: R ROCK, RECOVER, CROSS R, STEP L TO L SIDE, POINT R, HOLD

1,2,3 Rock R to R side, Recover onto L, Cross R over L
4,5,6 Step L to L side, Point R to R side, Hold□(6.00 o'clock)

[33]

RESTART occurs during Wall 9 facing 12.00. Dance to Count 42 #. Restart main dance (Wall 10) facing 12.00.

TAG You will be facing 6.00 for this 6 count Tag which happens after Wall 11 Bridge.

1, 2, 3 Step R to R side, Sway R, Hold
4, 5, 6 Step L to L side, Sway L, Hold

Continue with main dance for Wall 12 (6.00) and Wall 13 (12.00)

ENDING occurs during Wall 14 facing 6.00. Dance to count 39 * (R to R side) Slowly drag L towards R facing front.

BRIDGE occurs on Wall 2 facing 6.00, Wall 6 facing 12.00, Wall 11 facing 6.00

TOTAL SEQUENCE OF DANCE:

(12)□Wall 1 = 48 counts□□□□□
(6)□Wall 2 = 33 counts (Bridge)□□
(6,12,6) Walls 3, 4 & 5 = 48 counts□□
(12)□Wall 6 = 33 counts (Bridge)□□
(12,6)□Walls 7 & 8 = 48 counts□□
(12)□Wall 9 = 42# counts (Restart)
(12)□Wall 10 = 48 counts
(6)□Wall 11 = 33 counts (Bridge)
(6)□Tag after Wall 11 Bridge = 6 counts
(6,12)□Walls 12 & 13 = 48 counts
(6)□Wall 14 and Ending = 39 * counts

Contact: d_pcosgrave@xtra.co.nz□□□□
