

We Only Live Once

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mamalinedance Mei Kwo (USA) - February 2015
音乐: We Only Live Once - Shannon Noll



Intro: 32 count, Start from Vocals - No Tags! No Restarts!

SEC 1: WALK, WALK, PIVOT ½ LEFT, FORWARD RIGHT, WALK, WALK, PIVOT ½ TURN RIGHT, FORWARD LEFT (12.00)

1-2 Walk forward right, left
3&4 Step forward right, pivot ½ turn left, step forward right, (6.00)
5-6 walk forward left, right
7&8 Step forward left, pivot ½ turn right, step forward left, (12.00)

SEC 2: ROCK RECOVER, COASTER STEP 2x (12.00)

1-2 Rock forward on right, recover on left
3&4 Step right back, step left next to right, step right forward
5-6 Rock forward on left, recover on right
7&8 Step left back, step right next to left, step left forward

SEC 3: TOUCH STEP, TOUCH STEP ~ HEEL SWITCHES, STEP 1/2 TURN LEFT, STEP 1/4 TURN LEFT (3.00)

1&2& Touch R side right, Step R next to L; touch L side Left, step L next to R;
3&4& Touch right heel forward, Step back in place, Touch left heel forward, Step back in place
5-6 Step forward on right, Turn 1/2 left (6.00)
7-8 Step forward on right, Turn 1/4 left (3.00)

SEC 4: RIGHT ROCK FORWARD, RIGHT 1/2 TURN SHUFFLE, LEFT ROCK FORWARD LEFT 1/2 TURN SHUFFLE (3.00)

1-2 Rock forward on right, recover weight on LEFT
3&4 Shuffle 1/2 turn right stepping right, left, right (9.00)
5-6 Rock forward on left, recover on right
7&8 Shuffle 1/2 turn left stepping left, right, left (3.00)

...Happy Dancing Always!...

Contact: mamalinedance@gmail.com