

Beautiful Life

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Marie Sørensen (TUR) - January 2016
音乐: Beautiful Life - Nathan Carter : (Album: Beautiful Life)



Intro: 32 Counts

S1: SIDE, TOUCH, BALL CHANGE, CROSS SHUFFLE, 1/4 TURN RIGHT, 1/2 TURN RIGHT, MAMBO

1-2& Step right to the right side, touch left beside right, step left next right
3&4 Cross right over left, step left to the left side, cross right over left
5-6 1/4 turn right, step back on left (03:00), 1/2 turn right, step fwd. on right (09:00)
7&8 Rock fwd. left, recover, step left next to right (09:00)

S2: STEP BACK RIGHT, LEFT, COASTER CROSS, SIDE ROCK, RECOVER, BEHIND, 1/4 TURN RIGHT, STEP FWD. LEFT

1-2 Step slowly back on right, left
3&4 Step back on right, step left next to right, cross right over left
5-6 Rock left to the left side, recover
7&8 Cross left behind right, 1/4 turn right, step fwd. right, step fwd. left (12:00)

Restart the dance at this point during wall 5 - Facing 12:00

S3: STEP. TWIST, STEP, TWIST, RUN, RUN, RUN, COASTER CROSS

1&2 Step fwd. on right, twist both heel to the right side, twist back to center (Weight on right)
3&4 Step fwd. left, twist both heels to the left side, twist back to center (Weight on left)
5&6 Run back right, left, right
7&8 Step back on left, step right next to left, cross left over right (12:00)

S4: SYNCOPATED FIGUR-8 VINE, STEP

1-2 Step right to the right side, step left behind right (12:00)
&3-4 1/4 turn right, step fwd. right, step fwd. left, 1/2 turn right (09:00) Weight on right (09:00)
5-6 1/4 turn right, step left to the left side, cross right behind left (12:00)
&7-8 1/4 turn left, step fwd. left, step fwd. right, left (09:00)

S5: SWAY, SWAY, BALL CHANGE ROCK, RECOVER TWICE

1-2 Sway right, left
&3-4 Step right next to left, rock left to left side, recover
5-6 Sway left, right
&7-8 Step left next to right, rock right to the right side, recover (09:00)

S6: SYNCOPATED ROCK STEP FWD. WALK, WALK, SYNCOPATED ROCK STEP BACK, WALK, WALK

1-2& Rock fwd. right, recover, step back on right
3-4 Walk back left, right
5-6& Rock back on left, recover, step fwd. on left
7-8 Walk fwd. right, left (03:00)

Restart the dance during wall 5, after 16 Counts - Facing 12:00

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Have Fun!

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