

# Circle Of Life

**COPPER** **NOB**  
BY STEPHEN

拍数: 64      墙数: 4      级数: Novice  
编舞者: Kaie Seger (EST) - February 2016  
音乐: Circle of Life - Kaidi Feldmann



## No Tags, No Restarts

### HEEL GRIND WITH ¼ TURN, ROCK BACK, ¼ PIVOT TURN , CROSSING SHUFFLE

- 1 RF Step forward onto heel
- 2 LF ¼ turn R, step back (3.00)
- 3 RF Rock back
- 4 LF Recover weight
- 5 RF Step forward
- 6 LF Turn ¼ L (12.00)
- 7 RF Step across LF
- & LF Small step L
- 8 RF Step across LF

### FULL TURN , SWEEP, SAILOR STEP. STEP BEHIND, SIDE STEP

- 9 LF ¼ turn R, step back
- 10 RF ½ turn R, step forward
- 11 LF ¼ turn R, step L side (12.00)
- 12 LF Sweep RF from front to back
- 13 RF Step behind LF
- & LF Small step L side
- 14 RF Step R side
- 15 LF Step behind RF
- 16 RF Step R side

### CROSS ROCK. SIDE ROCK, BEHIND-SIDE-ACROSS, SIDE TOUCH, FLICK WITH ¼ TURN

- 17 LF Rock across RF
- 18 RF Recover weight
- 19 LF Rock L side
- 20 RF Recover weight
- 21 LF Step behind RF
- & RF Step R side
- 22 LF Step across RF
- 23 RF Touch toe R side
- 24 LF ¼ turn L with RF flick back (9.00)

### SHUFFLE FORWARD, ROCK FORWARD, ½ TURN , TOE-HEEL STRUT, ¼ TURN, LONG SIDE STEP, SLIDE

- 25 RF Step forward
- & LF Step next to RF
- 26 RF Step forward
- 27 LF Rock forward
- 28 RF Recover
- & RF ½ turn L (3.00)
- 29 LF Step onto toe
- 30 LF Drop heel down
- 31 RF ¼ turn L, long side step R (12.00)
- 32 LF Slide towards RF

**SAILOR STEP DIAGONALLY FORWARD (3X), TOUCH BEHIND, ¾ UNWIND TURN**

33 LF Step behind RF  
& RF Small step R side  
34 LF Step diagonally forward  
35 RF Step behind LF  
& LF Small step L side  
36 RF Step diagonally forward  
37 LF Step behind RF  
& RF Small step R side  
38 LF Step diagonally  
39 RF Touch behind LF  
40 RF ¾ turn R, step onto RF (9.00)

**STEP, CROSS BEHIND, TURN ¼ STEP FORWARD, STEP FORWARD, ½ PIVOT TURN, TURN ¼ SIDE  
STEP, CROSS BEHIND, TURN ¼ STEP FORWARD**

41 LF Step L side  
42 RF Step behind LF  
43 LF ¼ turn L, step forward (6.00)  
44 RF Step forward  
45 LF ½ turn L (12.00)  
46 RF ¼ turn L, step R side (9.00)  
47 LF Step behind RF  
48 RF ¼ turn R, step forward (12.00)

**TURN ¼, SIDE SHUFFLE, ROCK BACK, SIDE SHUFFLE, ROCK BACK**

49 LF ¼ turn R, step L side (3.00)  
& RF Step next to LF  
50 LF Step L side  
51 RF Rock back  
52 LF Recover weight  
53 RF Step R side  
& LF Step next to RF  
54 RF Step R side  
55 LF Rock back  
56 RF Recover weight

**ROCKING CHAIR, STEP FORWARD, ½ TURN WITH TOUCH, KICK-BALL-CHANGE**

57 LF Rock forward  
58 RF Recover weight  
59 LF Rock back  
60 RF Recover  
61 LF Step forward  
& LF ½ turn R (9.00)  
62 RF Touch toe next to LF  
63 RF Kick forward  
& RF Step close to LF  
64 LF Step forward

**ENJOY & START AGAIN!**

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