

My Beautiful Life

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Roosamekto Mamek (INA) & Mayee Lee (MY) - September 2016
音乐: Beautiful Life (feat. Tony T & Big Ali) (Radio Edit) - Sasha Lopez



Intro: 48 counts

Choreographer's Note: The music used has been edited at Introduction. The Original music is longer by 56 counts.

S1: ROCK FORWARD, RECOVER, TOGETHER, FORWARD, PIVOT 1/2 TURN LEFT

1-2& Rock R forward – Recover on L – Step R together
3-4& Rock L forward – Recover on R – Step L together
5-8 Step R forward – Turn ½ left – Step R forward – Turn ½ left □(12.00)

S2: HEEL JACK, BALL CROSS, BACK TURN 1/4 RIGHT, SIDE, CROSS SHUFFLE

1-2& Step R to side – Cross L behind R – Step R to side
3&4 Touch L heel forward – Step L together – Cross R over L
5-6 Turn ¼ right step L back – Step R to side
7&8 Cross L over R – Step R to side – Cross L over R □(3.00)

S3: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS

1-2 Rock R to side – Recover on L
3&4 Cross R behind L – Step L to side – Cross R over L
5-6 Rock L to side – Recover on R
7&8 Cross L behind R – Step R to side – Cross L over R (3.00)

S4: SIDE ROCK, RECOVER, TOGETHER, JAZZ BOX

1-2& Rock R to side – Recover on L – Step R together
3-4& Rock L to side – Recover on R – Step L together
5-8 Cross R over L – Step L back – Step R to side – Step L forward □(3.00)

Note: (Tag & Restart)happen here on wall 5

S5: ROCK FORWARD, RECOVER, SHUFFLE 1/2 TURN RIGHT, FORWARD, RECOVER, HEEL & HEEL

1-2 Rock R forward – Recover on L
3&4 Turn ¼ right step R to side – Step L together – Turn ¼ right step R forward
5-6 Rock L forward – Recover on R
&7&8 Step L back – Touch R heel forward – Step R beside L – Touch L heel forward - 9.00

S6: TOGETHER, ROCK FORWARD, RECOVER, BACK SHUFFLE, FULL TURN LEFT, ¼ TURN L SIDE SHUFFLE

&12 Step L beside R – Step R forward – Recover on L
3&4 Step R back – Step L on ball in front of R – Step R back
5-6 ½ turn L step L forward – ½ turn L step R back - 9.00
7&8 ¼ turn L step L to L – Step R beside L – Step L to L - 6.00

S7 : CROSS, SIDE , SAILOR STEP, CROSS, SIDE, SAILOR STEP,

1-2 Cross R over L – Step L to L
3&4 Step R behind L – Step L on ball beside R – Step R to R
5-6 Cross L over R – Step R to R
7&8 Step L behind R – Step R on ball beside L – Step L to L - 6.00

S8 : R BOTAFOGO, L BOTAFOGO, JAZZ BOX

1&2 Cross R over L – Step L to L – Recover on R
3&4 Cross L over R – Step R to R – Recover on L
5 – 8 Cross R over L – Step L back – Step R to side – Step L forward □ - 6.00

Tag & Restart : During wall 5 (12.00), dance 32 counts, add 4 counts Tag & Restart facing 12.00

1 – 4 Step R to R – ¼ turn L recover on L – Step R forward – Step L forward

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