

Livin' It Up

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Ivan Garcia (USA) - October 2016
音乐: Sun Don't Let Me Down (feat. Nile Rodgers & Pitbull) - Keith Urban : (Album: Ripcord)



#24 Count Intro

S1: BACK ROCK R, KICK BALL R, CROSS R STEP BALL CHANGE, CROSS L STEP BALL CHANGE

1 2 Rock back on RF (1), Recover on LF (2)
3&4 Kick right forward (3), step right next to left (&), step left next to right (4)
5&6 Step forward LF (5), step forward on RF (&), Rock Lf to L side (6)
7&8 Step forward RF (7), step forward on LF (&), rock RF to R side (8) [12:00]

S2: JAZZ BOX R CROSS, SIDE ROCK R PIVOT L 1/4 TURN, FORWARD ROCK R PIVOT L 1/4 TURN

1 2 Step Right over Left (1), slightly step back Left (2)
3 4 Side step Right to Right (3), step Left slightly forward (4)
5 6 Side rock RF (5), pivot on LF and turn 1/4 left (6) [9:00]
7 8 Forward rock RF (7), pivot on LF and turn 1/4 left (8) [6:00]

S3: CROSS R OVER L, SIDE STEP L, SAILOR R 1/4 TURN, PIVOT 1/2 TURN, FORWARD L SHUFFLE

1 2 Cross step RF over LF (1), Side Step LF (2)
3&4 Right sailor 1/4 turn right; Step RF behind LF while making 1/4 turn right (3), slightly step forward on LF (&), step forward on RF (4)
5 6 Forward step LF (5), pivot on RF and make 1/2 turn right (6)
7&8 Forward shuffle LF; Left (7) Right (&) Left (8) [3:00]

S4: ROCK FORWARD R, RECOVER L, BACK SHUFFLE R, FULL TURN ROLL L, COASTER L

1 2 Rock forward RF (1), recover onto LF (2)
3&4 Back right shuffle; right (3), left (&), right (4)
5 6 Full roll back left; step back LF 1/4 turn left (5), step back RF 1/2 turn left (6)
7&8 Left step behind (7), Right step beside Left (&), Left step forward [3:00]

S5: BUMP R HIP, BUMP L HIP, FORWARD ROCK R, RECOVER L, COASTER STEP R

1 2 Slightly step forward diagonally RF to R and bump R (1), hip bump again right (2)
3 4 Slightly step forward diagonally LF to L and bump L (3), hip bump again left (4)
5 6 Rock forward RF (5), recover onto LF (6)
7&8 Step RF behind LF (7), Step LF next to RF (&), Step RF forward [3:00]

S6: STEP FORWARD L, PIVOT 1/2 TURN R, LEFT SHUFFLE 3/4 TURN R, OUT R, OUT L, HOLD, ROTATE HIPS

1 2 Step forward LF (1), pivot on RF and turn 1/2 right (2)
3&4 Forward left shuffle 3/4 turn right; left (3), right (&), left (4)
&5 Facing [3:00] side step out on RF (&), side step out on LF (5)
6 7 8 Hold for one count (6), (CLOCKWISE) forward rotate hip center to R (7), back rotate hip R to L (8) [3:00]

(Option: 7 8 free style hip moves)

Love this...enjoy!

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