

Lush Life

COPPER KNOB
STEPSHEETS

拍数: 32

墙数: 2

级数: Newcomer / Novice – Non Country -
Smooth WCS



编舞者: Francoise Fournier (CH) - December 2016

音乐: Lush Life - Zara Larsson

Intro : 16 Count

Tag: Dance 7 complete walls and add Tag 16 count (Repeat 2X Count from 25 to 32)

TOUCH 2X, HITCH, HEEL, 1/2 STEP TURN L, ¼ STEP TURN L

- 1 RF□Touch Toe R
- & RF□Step together
- 2 LF□Touch Toe L
- & LF□Step Together
- 3 RF□Hitch
- & RF□Step together
- 4 LF□Heel forward
- & LF□Step together
- 5 RF□Step forward
- 6 LF□½ Turn L, Step L (6.00)
- 7 RF□Step forward
- 8 LF ¼ Turn L, Step L (3.00)

R GRAPEVINE HEEL JACK, CROSS OVER, SLIDE, TOUCH, ANCHOR STEP

- 9 RF□Step R
- 10 LF□Cross behind
- & RF□Step slightly diagonally R backwards
- 11 LF□Touch Heel forward
- & LF□Step together
- 12 RF□Cross over LF
- 13 LF□Large Step L
- 14 RF□Slide together touch
- 15 RF□Cross behind in 3rd position
- & LF□Step in place
- 16 RF□Step backwards

ANCHOR TOUCH, BODY ROLL, ¼ TURN L, COASTER STEP, TOGETHER, HOLD

- 17 LF□Sweep from front to back Crossing behind RF in 3rd position
- & RF□Step in place
- 18 LF□Touch backwards

Start Body roll

- 19 Finish Body roll
- 20 LF□¼ Turn L, Step L (12.00)
- 21 RF□Step backwards
- & LF□Step together
- 22 RF□Step forward
- 23 LF□Step together
- 24 Hold

DOROTHY STEP 2X, STEP, HOLD, ½ TURN L

- 25 RF□Step diagonally R forward

26 LF□Cross behind
& RF□Step diagonally R forward
27 LF□Step diagonally L forward
28 RF□Cross behind
& LF□Step diagonally L forward
29 RF□Step forward
30 Hold
31 RF□¼ Pivot Turn L, (9.00)
32 LF□¼ Turn L, Step slightly forward (6.00)

Sequence for Tag : -

Start □□at 12.00 the complete dance (1st wall)
Go on□ □at 06.00 the complete dance (2nd wall)
Go on□□at 12.00 the complete dance (3rd wall)
Go on□ □at 06.00 the complete dance (4th wall)
Go on□□at 12.00 the complete dance (5th wall)
Go on□ □at 06.00 the complete dance (6th wall)
Go on□□at 12.00 the complete dance (7th wall)
TAG□□at 06.00 Repeat 2X Count from 25 to 32
Go on□□at 06.00 the normal dance until the end of the music

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