

# Get Me A New Life

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Easy Intermediate  
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音乐: New Life - Gina Timms : (Album: Thank You - iTunes)



## No Tags or Restarts: Intro 48 Counts

### S1: Pivot ½ Hold, Paddle ¼ Hold

1,2,3,4      Step fwd on R, pivot ½ turn L, step fwd R hold  
5,6,7,8      Step fwd on L, paddle ¼ R, step L across R hold

### S2: Toe Hold, Heel Hold, Toe, Heel, Toe, Heel

1,2,3,4      Touch R toe beside L hold, touch R heel beside L, hold  
5,6,7,8      Touch R toe, heel, toe, heel, beside L foot

### S3: Side Rock Cross Hold, Back Lock back Hold

1,2,3,4      Step R to side, replace weight on L, step R across L Hold  
5,6,7,8      Step L back, step R across L, step back on L hold

### S4: ½ Turn Hold, ½ Turn Hold, Back Tog, Fwd Hold

1,2,3,4      Turn ½ turn R, step fwd on R hold, turn ½ turn R, step back on L hold  
5,6,7,8      \*\*□ Step R back, step L tog, step R fwd hold

### S5: Toe Hold, Heel Hold, Toe, Heel, Toe, Heel

1,2,3,4      Touch L toe beside R hold, Touch L heel beside R hold  
5,6,7,8      Touch L toe, heel, toe, heel, beside R foot

### S6: Side Rock Cross Hold, Side Rock Cross Hold

1,2,3,4      Step L to side, weight on R, cross L over R, hold  
5,6,7,8      Step R to side weight on L, cross R over L, hold

### S7: ½ Turn R Hold, Rock fwd, Step Back, Hold

1,2,3,4      Turning ¼ R, step back on L, turn ¼ turn R step R to Side, step L fwd, hold  
5,6,7,8      Rock fwd on R, back on L step R back hold

### S8: Back Tog, Fwd Hold, R heel strut, L Heel strut

1,2,3,4      Step L back, step R beside L, step L fwd, hold  
5,6,7,8      Touch R heel fwd, lower toes, touch L heel fwd, lower Toes

Dance Finishes on count 32\*\* Turning The Coaster, ¼ Turn R, To Face the Front, Step L beside R

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